



CERTIFICATION

requirements

IFS is authorized to administer cooks certifications and to help make the process even easier, we've provided practice tests, educational resources and specialized prep courses at the Academy to ensure your success.

Obligatory minimum requirements regarding the proof of competence for a ship's cook serving at sea:

- **21 years or older**
- **Having a sea service of at least 36 months**
- **Pass a theoretical and practical exam for:**

Efficient management of stock:
10 questions about storing and handling of provisions on board

Composition of a balanced menu: write a menu for 1 week

Calculation of quantities/portions and ordering of provision:
10 questions about quantities and ordering

Excellent knowledge of dishes:
10 written questions

Excellent knowledge regarding hygiene, safety and MARPOL:
10 questions about hygiene, safety and HACCP

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- **How would you recuperate leftovers of roasted beef?**
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- **In Senegal on the local market you can buy beautiful fish for less money:**
 - Of course you buy the fish
 - Before you buy the fish you inquire about the origin of the fish
 - You don't buy it because it is forbidden
- **How do you recognize fresh fish?**
 - Strong meat, dark red gills and shining scales
 - Dark red gills, slime and round eyes
 - Scent of the sea, firm fins, soft meat
- **Give 2 hygiene safety rules to prepare food**
1
2
- **How many meat will you order for two months if you have in your freezer 800kg of beef, pork, poultry, cold cuts and fish?**
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- **What is the difference between Nasi Goreng and Bami Goreng?**
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- **How do you make brown stock?**
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- **What is 'Port Health Control' and what do they do?**
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- **What can you do to avoid salmonella?**
.....
- **Sanitary means:**
 - Free from visible soil
 - Washed with a chemical solution
 - Coated with desinfectant
 - Free of harmful levels of contamination

