



Republic of the Philippines

# Department of Education

DepEd Complex, Meralco Avenue, Pasig City

**STRENGTHENED SENIOR HIGH SCHOOL CURRICULUM**

## **SHIPS CATERING SERVICES**

**Grade 11/12**

**Course Description:**

This course provides learners with comprehensive knowledge and skills required for ship catering services, focusing on the unique aspects of housekeeping, cookery, bread and pastry production, and food and beverage services onboard vessels. Learners will explore essential topics such as menu planning, food safety standards, galley operations, sanitation practices, and inventory management tailored to maritime environments. Emphasis is placed on international regulations, maritime hospitality standards, and the roles and responsibilities of catering personnel on cruise ships, and other commercial vessels. Practical training will also cover the preparation and presentation of meals, waste management, and efficient resource utilization in confined spaces. After completing the course, learners may take the National Certification Levels I and/or III in Ship's Catering, pursue higher education and careers relative to maritime industry sector.

**Elective:** Technical Professional

**Prerequisite:** None

**Time Allotment:** 320 hours per quarter, 16 hours per week

**Schedule:** First/Second Semester

**QUARTER 1**

<b>CONTENT STANDARD</b>	The learners demonstrate comprehensive knowledge and understanding of the international and national maritime regulatory frameworks, environmental sustainability protocols, cultural diversity, and the organizational structure and operations of shipboard catering services.
<b>PERFORMANCE STANDARD</b>	The learners independently demonstrate waste disposal practices in compliance with MARPOL regulations.
<b>LEARNING COMPETENCIES</b>	<b>CONTENT</b>
1. Discuss the regulatory bodies and conventions in the shipping industry	Regulatory Bodies <ul style="list-style-type: none"> <li>• Local</li> <li>• International</li> </ul> Four (4) Pillars of IMO Convention <ul style="list-style-type: none"> <li>• International Convention of Safety of Life at Sea (SOLAS)</li> <li>• International Convention for the Prevention of Pollution from Ships (MARPOL)</li> <li>• Maritime Labour Convention (MLC) 2006</li> </ul>

	<ul style="list-style-type: none"> <li>Standards of Training, Certification, and Watchkeeping (STCW) 1978, as amended</li> </ul>
2. Discuss the stressors and emotional challenges of seafarers	<p>Mental Health</p> <p>Importance of Mental Health</p> <p>Factors Affecting the Mental and Emotional Behaviors of Seafarers</p> <ul style="list-style-type: none"> <li>Isolation</li> <li>Fatigue</li> <li>Homesickness</li> <li>Seasickness</li> </ul> <p>Coping Strategies and Emotional Resilience</p> <ul style="list-style-type: none"> <li>Stress management techniques (e.g., mindfulness, relaxation exercises)</li> <li>Emotional regulation strategies to handle stressful situations</li> </ul> <p>Personal Well-being and Self-care</p>
3. Identify the career paths and their roles in the ship's catering services	Career Readiness and Opportunities
4. Discuss the types of vessels, their parts, and the terminologies used for ship navigation and direction	<p>Types of Vessels</p> <ul style="list-style-type: none"> <li>Container ships</li> <li>Bulk carrier</li> <li>Tanker ships</li> <li>Passenger ships</li> <li>Naval ships</li> <li>Offshore ships</li> </ul> <p>Ship's Nomenclature</p> <ul style="list-style-type: none"> <li>Hull</li> <li>Keel</li> </ul>

	<ul style="list-style-type: none"> <li>• Bow</li> <li>• Stern</li> <li>• Deck</li> <li>• Bulkheads</li> <li>• Accommodation</li> <li>• Bridge</li> <li>• Engine room space</li> <li>• Steering gear room</li> <li>• Rudder</li> <li>• Propeller</li> <li>• Funnel</li> </ul> <p>Ship's Terminologies</p> <ul style="list-style-type: none"> <li>• Forward</li> <li>• Midship</li> <li>• Aft</li> <li>• Port</li> <li>• Starboard</li> </ul>
<p>5. Discuss the history of catering practices in maritime contexts and ship's catering operations</p>	<p>History of Catering</p> <p>Ship's Catering Operations</p> <ul style="list-style-type: none"> <li>• Buffet</li> <li>• Plated</li> </ul>
<p>6. Discuss the cultural diversity in the ship's catering</p>	<p>Cultural Diversity</p> <ul style="list-style-type: none"> <li>• Types of Cuisine on Ship Catering <ul style="list-style-type: none"> <li>○ Western cuisine</li> <li>○ Asian cuisine</li> <li>○ Mediterranean cuisine</li> <li>○ Halal cuisine</li> <li>○ Vegetarian and vegan cuisine</li> </ul> </li> <li>• Religious Dietary Restrictions</li> </ul>

	<ul style="list-style-type: none"> <li>○ Islam (Muslim Seafarers)</li> <li>○ Hinduism (Hindu Seafarers)</li> <li>○ Buddhism (Buddhist Seafarers)</li> <li>○ Judaism (Jewish Seafarers)</li> <li>○ Other religious and personal dietary preferences</li> </ul> <ul style="list-style-type: none"> <li>◆ Considerations in Preparing Creative Menu for Seafarers <ul style="list-style-type: none"> <li>○ Menu Rotation</li> <li>○ Labeling and Food Safety</li> <li>○ Training for Cooks</li> <li>○ Providing Alternative Meals</li> </ul> </li> </ul>
7. Discuss ships galley personnel	<p>Ships Galley</p> <ul style="list-style-type: none"> <li>● Organizational chart</li> <li>● Roles and Responsibilities</li> </ul>
8. Explain the importance of HACCP, OSH, and MLC 2006 aboard vessels	<p>Frameworks of Food Safety Onboard Ship</p> <ul style="list-style-type: none"> <li>● Hazard Analysis and Critical Control Point (HACCP)</li> <li>● Occupational Safety and Health (OSH)</li> <li>● Maritime Labour Convention (MLC) 2006 Regulations 3.2</li> </ul>
9. Explain the importance of Marine Pollution (MARPOL) regulations in protecting the marine environment from ship-generated waste	<p>Marine Pollution (MARPOL) Annex V</p> <p>Shipboard Generated Garbage based on MARPOL Annex V</p> <ul style="list-style-type: none"> <li>● Plastic</li> <li>● Food waste</li> <li>● Domestic waste (drinking bottles, papers, cardboard, etc.)</li> <li>● Cooking oil</li> </ul>
10. Identify the special areas under MARPOL Annex and the garbage disposal procedures	<p>Special Areas under MARPOL Annex V</p> <ul style="list-style-type: none"> <li>● Mediterranean Sea</li> <li>● The Baltic Sea</li> </ul>

	<ul style="list-style-type: none"> <li>• The Black Sea</li> <li>• The Gulf Areas</li> <li>• Antarctic Area</li> <li>• The Red Sea Area</li> <li>• The North Sea</li> <li>• The Wider Caribbean Region</li> </ul> <p>Garbage Disposal Inside Special Areas</p> <p>Garbage Disposal Outside Special Areas</p>
11. Demonstrate waste disposal practices in compliance with MARPOL regulations to ensure environmental sustainability	<p>Waste Disposal Based on Marine Pollution (MARPOL) Regulations</p> <ul style="list-style-type: none"> <li>• Sorting and segregation waste</li> <li>• Packaging waste</li> <li>• Labelling waste</li> <li>• Ship sanitation standards</li> </ul>

## QUARTER 2

<b>CONTENT STANDARD</b>	The learners demonstrate an understanding of ship provisioning and storage, mess hall operations, pantry and housekeeping management, and sanitation practices onboard vessels.
<b>PERFORMANCE STANDARD</b>	The learners perform food service in various mess hall settings, replenishing pantry items, and carrying out housekeeping procedures in cabins and public areas in accordance with industry standards.
<b>LEARNING COMPETENCIES</b>	<b>CONTENT</b>
1. Explain the importance of ship provisioning and the roles of ship chandlers in ensuring the efficient supply of provisions for maritime operations	<p>Ship's Provisions</p> <ul style="list-style-type: none"> <li>• Importance of ships provisioning</li> <li>• Roles of ship chandlers in ship provisioning</li> </ul> <p>Types of Provisions Aboard Ships</p>

	<ul style="list-style-type: none"> <li>• Food items</li> <li>• Beverages</li> <li>• Non-food items</li> </ul>
2. Discuss the process and importance of receiving, inspecting and storing of provisions and supplies	<p>Receiving and Inspecting Provisions and Supplies</p> <ul style="list-style-type: none"> <li>• Provision Room</li> <li>• Walk-in chiller</li> <li>• Walk-in freezer</li> <li>• Dry storage</li> <li>• Bonded store</li> <li>• Storing Provisions and Supplies</li> </ul> <p>First-in, First-out (FIFO)</p>
3. Discuss the types of mess halls	<p>Types of Mess Hall</p> <ul style="list-style-type: none"> <li>• Officers mess</li> <li>• Crew mess</li> <li>• Passenger dining</li> </ul>
4. Apply the steps in the mess hall table setting	<p>Mess Hall Table Setting Standards</p> <ul style="list-style-type: none"> <li>• Basic table setting</li> <li>• Informal table setting</li> <li>• Formal table setting</li> <li>• Five-course table setting</li> <li>• Buffet table setting</li> </ul>
5. Apply the steps in providing food service in mess halls	<p>Steps of Food Service in Mess Halls</p> <ul style="list-style-type: none"> <li>• Welcoming and greeting of guests</li> <li>• Serving of drinks</li> <li>• Serving of appetizers</li> <li>• Delivering the meal</li> <li>• Clearing the table</li> </ul>
6. Discuss the importance of replenishing the pantry area	<p>Replenish Pantry Area</p> <ul style="list-style-type: none"> <li>• Items in the pantry area <ul style="list-style-type: none"> <li>○ bread and pastries</li> <li>○ juices</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ coffee</li> <li>○ cold cuts</li> <li>○ instant foods</li> <li>● Monitoring the availability of beverages, condiments, and tableware.</li> </ul>
7. Demonstrate good housekeeping onboard the vessels	<p>5 S of Good Housekeeping</p> <ul style="list-style-type: none"> <li>● Sort</li> <li>● Set in Order</li> <li>● Shine (Clean)</li> <li>● Standardize</li> <li>● Sustain</li> </ul>
8. Compare the types of cabins based on purpose, size, and amenities	<p>Types of Cabins</p> <ul style="list-style-type: none"> <li>● Interior cabin</li> <li>● Ocean-view cabin</li> <li>● Balcony cabins</li> <li>● Suite cabin</li> </ul>
9. Apply the procedures and standards for cabin housekeeping services	<p>Cabin Housekeeping Services</p> <ul style="list-style-type: none"> <li>● Daily cleaning</li> <li>● Bed making (bed setting)</li> <li>● Vacuum cleaning</li> <li>● Replenishing amenities</li> <li>● Collecting garbage disposals</li> <li>● Reporting defective furniture and appliances</li> </ul>
10. Apply cleaning techniques for public areas	<p>Cleaning Public Areas</p> <ul style="list-style-type: none"> <li>● Comfort rooms</li> <li>● Mess halls</li> <li>● Recreation room</li> <li>● Gym/fitness Area</li> <li>● Laundry facilities</li> <li>● Smoking area</li> </ul>

### QUARTER 3

<b>CONTENT STANDARD</b>	The learners demonstrate an understanding of the fundamental principles of victualing (budgeting and consumption management) and galley and catering operations.
<b>PERFORMANCE STANDARD</b>	The learners apply the methods and techniques in preparing menu in accordance with industry standards.
<b>LEARNING COMPETENCIES</b>	<b>CONTENT</b>
1. Explain the significance of victualing of maritime operations	<p>Victualing</p> <p>Importance of Victualing</p>
2. Discuss the considerations of menu planning	<p>Menu Planning</p> <ul style="list-style-type: none"> <li>• Types of menus</li> <li>• Components of menu</li> <li>• Catering menu program</li> <li>• Menu item selection</li> <li>• Dietary restrictions</li> <li>• Cultural considerations</li> <li>• Voyage duration</li> </ul>
3. Perform quantification and reduction of recipes for meal preparations	<p>Recipe Reduction and Quantification</p> <ul style="list-style-type: none"> <li>• Food costing</li> <li>• Food reduction and quantification</li> <li>• Portion control</li> </ul>
4. Analyze the functions of galley in maritime operations	<p>Impact of Various Weather Conditions on Its Functionality and Safety</p> <p>Galley Environments Based on Weather Conditions</p> <ul style="list-style-type: none"> <li>• Rough seas (High winds, and heavy waves)</li> <li>• Freezing weather</li> </ul>

5. Describe different galley layouts based on operational efficiency and safety	Galley Layout, Design, and Advantages <ul style="list-style-type: none"> <li>• The single-wall galley</li> <li>• Peninsula galley</li> <li>• Island galley</li> </ul>
6. Identify the tools and equipment used in catering operations aboard ships	Tools and Equipment in Catering Operations <ul style="list-style-type: none"> <li>• Cooking equipment</li> <li>• Refrigeration equipment</li> <li>• Serving equipment</li> <li>• Dishwashing and cleaning equipment</li> </ul>
7. Perform methods of cooking based on the planned menu	Cooking Methods and Techniques <ul style="list-style-type: none"> <li>• Dry heat <ul style="list-style-type: none"> <li>- baking</li> <li>- roasting</li> <li>- grilling</li> <li>- broiling</li> <li>- sauteing</li> <li>- frying</li> </ul> </li> <li>• Moist heat <ul style="list-style-type: none"> <li>- boiling</li> <li>- simmering</li> <li>- steaming</li> <li>- poaching</li> <li>- braising</li> </ul> </li> <li>• Combination of heat and dry <ul style="list-style-type: none"> <li>- stew</li> <li>- casserole</li> <li>- pressure cooking</li> <li>- pot roasting</li> </ul> </li> </ul>

## QUARTER 4

<b>CONTENT STANDARD</b>	The learners demonstrate an understanding on production of bakery and pastry products.
<b>PERFORMANCE STANDARD</b>	The learners prepare and present a range of bread and pastry products in accordance with industry standard.
LEARNING COMPETENCIES	CONTENT
1. Discuss the fundamentals in baking	<p>Baking Tools &amp; Equipment</p> <ul style="list-style-type: none"> <li>• Tools and equipment</li> </ul> <p>Ingredients and Substitutes</p> <ul style="list-style-type: none"> <li>• Dry ingredients</li> <li>• Liquid ingredients</li> <li>• Flavorings               <ul style="list-style-type: none"> <li>○ functions of baking ingredients</li> <li>○ nutritional value of baking ingredients</li> <li>○ selecting quality ingredients</li> </ul> </li> </ul> <p>Conversion and substitution</p> <ul style="list-style-type: none"> <li>• Ingredients</li> <li>• Oven temperature</li> <li>• Recipe quantification and reduction</li> <li>• Product costing</li> </ul> <p>Baking Techniques</p> <p>Measuring method</p>
2. Prepare bread products following safety	<p>Bread Products</p> <ul style="list-style-type: none"> <li>• Quick breads</li> <li>• Yeasted dough breads</li> </ul> <p>Characteristics of Bread</p> <ul style="list-style-type: none"> <li>• Mixing method               <ul style="list-style-type: none"> <li>○ straight dough method</li> <li>○ modified straight dough method</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ sponge dough method</li> <li>○ no knead method</li> <li>○ sourdough starter</li> <li>○ autolyse</li> </ul> <p>Contemporary Bread-making Techniques</p> <ul style="list-style-type: none"> <li>• Tangzhong method</li> <li>• Yudane method</li> <li>• Gluten and sugar-less alternatives</li> </ul> <p>Food Safety &amp; Sanitation</p> <ul style="list-style-type: none"> <li>• Cleaning surfaces and equipment</li> <li>• Disinfecting</li> <li>• Waste disposal</li> <li>• Cleaning hands and uniforms</li> </ul> <p>Risk Assessment, Hazard Identification, and Control Measure</p>
<p>3. Discuss the characteristics of pastries</p>	<p>Kinds of Pastry</p> <ul style="list-style-type: none"> <li>• Short-crust pastry</li> <li>• Filo pastry</li> <li>• Choux pastry</li> <li>• Flaky pastry</li> <li>• Puff Pastry</li> </ul> <p>Pastry Products and By-Products</p> <ul style="list-style-type: none"> <li>• Choux pastry (Pâte à choux)</li> <li>• Pies</li> <li>• Tarts</li> <li>• Laminated dough (French and Danish pastry)</li> </ul> <p>Quality of Pastry Products</p> <ul style="list-style-type: none"> <li>• Appearance</li> <li>• Taste</li> </ul>

	<ul style="list-style-type: none"> <li>• Texture and mouthfeel</li> <li>• Composition</li> </ul>
4. Prepare crust, fillings and, coating for pastry products	<p>Crust and Fillings</p> <ul style="list-style-type: none"> <li>• Kinds of crust</li> <li>• Kinds of fillings</li> <li>• Functions of filling</li> <li>• Cream fillings</li> <li>• Fruit fillings</li> <li>• Custard filling</li> <li>• Chiffon filling</li> </ul> <p>Coatings</p> <ul style="list-style-type: none"> <li>• Glaze</li> <li>• Caramel coating</li> <li>• Icing/frosting</li> <li>• Fruit glaze</li> <li>• Chocolate coating</li> <li>• Nut coating</li> <li>• Sugar coating</li> <li>• Coconut coating</li> <li>• Egg wash</li> </ul>

## GLOSSARY

**Beverage** - any liquid for drinking.

**Braise** - to cook (meat and vegetables) by browning in fat, then simmering in a small quantity of liquid in a covered container.

**Cabin** - a room on board a ship for use of one or more officers or passengers; a space in which the accommodation for officers and /or passengers are located.

**Cold cuts** - a variety of sliced cold meats and cheeses.

**Cross-contamination** - the transfer of harmful microorganisms from one item of food to another.

**Environmental hazard** - working conditions unsafe to crew.

**Galley** - a cook room, kitchen, or deckhouse used for cooking drippings.

**Griddle** - a flat metal surface used for cooking by dry heat.

**Hollandaise** - a permanent emulsion sauce, used for steaks, vegetables, and fish.

**MARPOL** - abbreviation for Marine Pollution.

**Meal Service** - to serve food or beverages.

**Menu** - a list of food available or choices given to guests before the start of a meal.

**Mess hall** - a dining room or space on board in which all or part of the ship's crew eat their meals.

**Mirepoix** - a mixture of vegetables and herbs to enhance the flavor of stock, sauces, and soups.

**Mise-en-place** - is the prepared necessary raw materials, utensils, and ingredients needed for cooking.

**Mixer** - a machine/equipment for mixing or beating foods.

**Oven** - an enclosed chamber for heating, roasting/baking.

**Pantry** - a small room or closet, usually in a kitchen where food, chinaware, silverware, linens, and similar items are stored.

**Personal Hygiene** - conditions and practices that serve to promote or preserve health.

**Provisions** - a store of materials needed for a voyage; especially a stock of food for the use of crew and passengers (usually 3 months provision / 200 % allowance).

**Recipe** - procedure and direction in preparing a dish or drink.

**Sanitation** - formulation and application of measures designed to protect public health.

**Stock** - broth in which meat, fish, or poultry bones are simmered for a period of time.

**Store** - to fill or furnish with supply.

**Thaw** - to change from a frozen solid to a liquid by gradual warming.

**Victualing / Victual** - food fit for consumption; lay in food supplies or provisions; providing, storing, or supplying provisions.

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### TOOLS, MATERIALS, AND EQUIPMENT

TOOLS	MATERIALS	EQUIPMENT
<b>Measurement and Mixing:</b>	<b>Food Preparation:</b>	<b>Cooking:</b>
Measuring cups and spoons	Flour, sugar, salt, pepper, spices	Gas or electric stove
Weighing scale	Cooking oil (vegetable, olive, etc.)	Ovens (convection, deck, combi)
Thermometers	Eggs, milk, cheese, butter	Griddle
Mixing bowls	Fresh fruits and vegetables	Deep fryer
Dough mixers	Meat, poultry, seafood (frozen or fresh)	Toaster
Blenders	Canned goods (vegetables, fruits, meats)	Steamers
<b>Food Preparation:</b>	Rice, pasta, cereals	Grill
Knives (chef's knife, paring, bread knife)	Baking ingredients (yeast, baking powder)	<b>Refrigeration:</b>
Cutting boards (color coded)	Disposable gloves and aprons	Chiller
Graters	Food-safe containers and wraps	Freezer
Peelers	<b>Sanitation and Waste:</b>	Refrigerator
Kitchen shears	Dishwashing liquid and sanitizers	<b>Serving:</b>
Colander/strainers	Cleaning agents and disinfectants	Serving trolley
Rolling pins	Trash bags (color-coded for segregation)	Gueridon Trolley
Whisks	Food-grade packaging and labeling materials	Food warmers
<b>Service and Dining:</b>	Hand soap and sanitizers	Chafing dishes
Spoons (serving, slotted, soup)	Air fresheners and insect repellents	Soup warmers
Ladles	<b>Service and Dining:</b>	<b>Dishwashing and Cleaning:</b>
Spoon and Fork	Napkins, tablecloths, and placemats	Dishwashing machine

Knives (dinner, bread, fish, butter, steak)	Serving trays and food labels	Sanitizers/disinfectants
Tongs	Disposable and reusable tableware	Mop, bucket, and wringer
Spatulas	Condiment packets, beverage stirrers	Vacuum cleaner
Scoops	<b>Storage and Provisioning:</b>	Cleaning cloths and sponges
Ice cream scooper	Storage bins and crates	<b>Baking:</b>
Tea and coffee pots	Food inventory logs	Stand mixers
Cups and saucers	FIFO labeling stickers	Baking trays
Service Trays	Shelving and racking materials	Cake pans, loaf pans, tart pans
Tongs		Muffin tins
Spatulas		Piping bags and nozzle
<b>Cleaning and Maintenance:</b>		
Dishwashing machines		
Mops, brooms, and buckets		
Vacuum cleaners		
Garbage bins (segregated)		
Cleaning cloths and brushes		