



Board of Examinations for Seafarers Trust

All India Exit Examination Sept 2016

CCMC Question & Answer Book

Additional instructions to the Candidate: Maximum time allowed 45 minutes

1. Fill in your details on this page.
2. **Write your roll number on top of each page at given place, otherwise it will not be considered even if the answers are written.**
3. All answers to be written in this Answer Book. Do not write anywhere else.
4. For writing answers, follow instructions given for each group of questions.
5. Use black or blue ball pen only for writing.
6. Start writing only when asked to do so by the invigilator.

Rubber Stamp of
Examination Center

Name of the candidate:			
Roll No.		INDOS No.	
Candidate's Code No.		Signature of candidate	

***** Do not write below this*****

Name of the invigilator	Signature	Room No	Date

***** Do not write below this*****

Marks Scored

Section 1- Cookery, Housekeeping & H&B	Q 1 6 marks	Q2 8 marks	Q 3 14 marks	Total
Score				
Section 2 - GSK	Q 4 3 marks	Q 5 2 marks	Q 6 2 marks	
Score				
			Grand Total	

Name & Signature of the Examiners

	Name	Signature	Date
Examiner Section 1 Cookery, Housekeeping & F&B Services			
Examiner –Section 2 GSK			
Moderator			

Q 1. The below table shows the ingredients required for preparing “Chocolate Mousse” ONE time to 8 crew members of a Supply Vessel. If the vessel plans to prepare the same 2 (Two) times a week for her crew on a voyage going to be for 4 (Four) weeks, how much will the quantity of each of these ingredients be needed? (6 marks)

Ingredients	Quantity	Unit	Quantity needed
Chocolate	300	gms	
Gelatin	20	gms	
Eggs	2	nos	
Sugar	40	gms	
Milk	200	ml	
Whipping cream	300	gms	
Vanilla essence	2	tsp	
Coconut powder	20	gms	

Q2. (8 Marks)

2.1 List any FOUR tips required for Time Management. (2 Marks)

1.
2.
3.
4.

2.2 Write any FOUR possible sources of food contamination on board ships. (2 Marks)

2.3 List any FOUR aims and objectives of cooking. (2 Marks)

1.
2.
3.
4.

2.4 Write any FOUR tips for controlling of food cost. (2 Marks)

1.
2.
3.
4.

Q3. (14 Marks)**3.1 List any FOUR healthy food production practices.(2 Marks)**

1.
2.
3.
4.

3.2 Write the FOUR types of services used for serving of food.(2 Marks)

1.
2.
3.
4.

3.3 Name English equivalent of following spices. (2Marks)

Rai	
Dhania Powder	
Jeera	
Adrak	

3.4 Write any SIX housekeeping tools used on ships.(3 Marks)

1.	4.
2.	5.
3.	6.

3.5 Write ONE function of the following basic Nutrients.(2 Marks)

1. Vitamin A-
2. Vitamin C –
3. Vitamin D –
4. B complex –

3.6 Write any SIX housekeeping duties of a General Steward on board ships. (3 Marks)

1.
2.
3.
4.
5.
6.

GSK SECTION

Q.1 List any SIX Accidental Hazards those can cause injury or death on board.(3 marks)

1
2
3
4
5
6

Q.2 Write in orderly manner how should a small galley fire be handled. (2 marks)

1.
2.
3.
4.

Q.3 Name the four parts of a ship in which water ballast is carried. (2 marks)

1.	
2.	
3.	
4.	

THE END