

平成23年12月16日

平成23年度第2回船舶料理士登録試験

(財) 日本船員福利雇用促進センター

題記試験を平成23年11月22日～11月25日にマニラで実施したので、下記の通りお知らせ致します。

記

◆ 合格者 (受験番号)

1, 2, 3, 4, 6, 7, 8, 9, 10, 11, 12, 13, 14, 16
19, 20, 22, 23, 24, 25, 26, 27, 28, 29, 30
31, 32, 33, 34, 35, 37, 38, 39, 40

◆ 合格基準

- 1) 学科試験：科目別の成績が、それぞれ50%以上であり、かつ、総合成績が70%以上であること。または、科目別の成績で50%未満である科目が1つのみの場合で、かつ、総合成績が75%以上であること。
- 2) 実技試験：科目別の成績が、それぞれ50%以上であり、かつ、総合成績が70%以上であること。または、科目別の成績で50%未満である科目が1つのみの場合で、かつ、総合成績が75%以上であること。
実技試験の基礎課題は日本料理の採点に含める。

◆ 試験問題 (解答つき) 次ページ参照

Examination for Ship's Cook (November 2011)
<Summary of Food Culture 1/2>

Examinee' No.	Applicant' s Name

<Question 1>

Mark in parentheses if the following statement is correct or if it is incorrect.

- () 1. Miso (soybean paste), soybean sauce, sake (Japanese liquors), and mirin (sweet seasoning) are used in Japanese cuisine.
- () 2. Dressing, mayonnaise, tartar sauce, and tomato sauce are used for preparing salads.
- () 3. White sauce is also used for curry sauce.
- () 4. Macaroni and lasagna are generally called pasta in Italian cuisine.

<Question 2>

Select the proper word to be put into parentheses in each of the following statements from the group of words below, and put the alphabetic in parentheses.

- (1) Marbodofu is a representative dish in 【 A 】of China.
- (2) A representative pasta dish of Italy is 【 B 】.
- (3) A representative dish of Japan using beef is【 C 】, which has been developed since the Meiji era (1868 – 1912).
- (4) The wheat flour used for a coating of tempura dish is 【 D 】.

A: Sichuan	B: spaghetti	C: sukiyaki	D: soft flour
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Examination for Ship's Cook (November 2011)
 <Summary of Food Culture 2/2>

Examinee' No.	Applicant' s Name

<Question 3>

Select the proper word to be put into parentheses in each of the following statements from the group of words below, and put the alphabetic in parentheses.

- (1) Extensively, uses seafoods and olives, garlic, tomato, and cheese. Its pasta and pizza are well known. Preference is for seafood, noodles, and rice, which is similar to that of Japanese. (B)
- (2) Produce little wheat. Heavy production of barley, rye, potatoes, and cabbage. There are many kinds of beer and rye breads. Sauerkraut and eisbein are well known. (D)
- (3) Japanese cuisine was strongly influenced by it, with dishes such as Tempura and Kasutera. Uses olive oil, garlic, tomato, onion, and potato. Its paella is well known.(C)
- (4) Uses cabbage, potato, and beet. Uses a lot of fat for a heavy flavor and dairy products. Its piroshki and borscht are well known. (E)
- (5) The cuisine is not so sophisticated and uses natural materials. Uses Worcestershire sauce and ketchup. Its roast beef and fish-and-chips are well known. (A)

A. English cuisine	B. Italian cuisine	C. Spanish cuisine
D. German cuisine	E. Russian cuisine	

<Question 4>

Circle (O) the correct word/phrase for the sentence.

- (1) Almost half of the people in the world eat food using ① (A) hands B: chopsticks).
- (2) In Hinduism, use of hands when eating food is limited to ② (A: left hand (B) right hand).
- (3) (A) Followers of Judaism B: Followers of Islam) are forbidden from eating pork, fish with no scales and fins such as shrimp and squid, and blood. There is also a religious order that prohibits eating meat and dairy products together in one meal.
- (4) (A: China (B) Japan) has a culture of eating with chopsticks, and (A) China B: Japan) and the Korean Peninsula have a culture of eating with chopsticks and spoon.

Examination for Ship's Cook (November 2011)
<Sanitary Laws and Regulations 1/3>

Examinee' No.	Applicant' s Name

<Question 1>

Answer the following questions on the international conventions relating to qualification system for a ship's cook.

(1) Regarding which convention prescribes qualification system for a ship's cook, circle the alphabetic (A, B, or C) for the correct answer from the followings.

A. The Food and Catering (Ship's Crews) Conventions (Convention No.68)

B. The Certification of Ship's Cooks Convention (Convention No.69)

C. The Medical Examination (Seafarers) Convention (Convention No.73)

(2) Regarding which international organization has adopted this convention, circle the alphabetic (A, B, or C) for the correct answer in the parentheses below.

[A. WHO, B. IMO, C. ILO]

<Question 2>

Regarding the following statement on qualification system of ship's cook, mark ○ in parentheses if the following statement is correct or × if it is not correct.

(×) 1. The provisions in the "ministerial ordinance relating to ship's cooks" require ship cooks to make meals nicely for crews onboard.

(○) 2. The "ministerial ordinance relating to ship cooks (Ministry of Transport Ordinance No. 7 of 1975)" requires ship cooks not only to manage cooking, but also to be responsible for managing all matters relating to catering including acquisition plan, procurement, storage, menu preparation, and maintaining hygienic conditions.

Examination for Ship's Cook (November 2011)
<Sanitary Laws and Regulations 2/3>

Examinee' No.	Applicant' s Name

<Question 3>

Regarding the following statements relating to supplying food, circle the alphabetic (A., B. or C.) for the correct answer in parentheses.

1. [A. The Health Promotion Law, B. The Mariners' Law, C. The Ship Officers' Law] prescribes the supply of food for seafarers on board a ship.
2. The shipowner shall supply food to seafarers on board a ship. Expenses for supplying food to seafarers on board a ship during a period when they are not engaged in duties due to injury or illness [A. may be charged to them. B. shall be borne by the shipowner].
3. A ship of [A. 700 tons gross or more, B. 1,000 tons gross or more, C. 3,000 tons gross or more] navigating in an ocean shall supply food to seafarers on board a ship in accordance with the "Food List" prescribed by the Minister for Land, Infrastructure and Transport.
4. The "Food List" stipulates that the volume of clean water to be kept should be [A. 10 liters, B. 15 liters, C. 20 liters] per seafarer per day.

<Question 4 >

Regarding the following statements on the maintenance of hygienic conditions onboard, circle the alphabetic [A., B. or C.] for the correct answer.

1. [A. The Rules for Seafarers Labour Safety and Health, B. The Food Sanitation Law] prescribe (prescribes) measures and standards to be taken and kept by the shipowner, and all matters to be observed by seafarers in relation to the maintenance of hygiene onboard.

Examination for Ship's Cook (November 2011)
<Sanitary Laws and Regulations 3/3>

Examinee' No.	Applicant' s Name

2. The shipowner shall have water quality inspected by a local authority for drinking water loaded into the tank at least [A.] once, B. twice, C. thrice] a year.
3. The shipowner shall inspect drinking water for free residual chlorine at least once [A.] every month, B. every 2 months, C. every 3 months], and take the necessary improvement measures when the chlorine content is less than 0.1 millionth.
4. The shipowner shall wash tanks and pipes for drinking water at least once every [A. half year, B. one year, C. two years].

<Question 5>

Regarding the following statements on maintaining hygienic conditions onboard, select the relevant words and phrases in the column below, and enter the alphabetic of the correct answer in [].

1. The shipowner shall take the necessary hygienic measures for persons engaged in cooking, including wearing clean clothes and [B].
2. The shipowner shall keep kitchen utensils, cooking tools, and tableware [D].
3. The shipowner shall not permit persons other than cooks to enter the place for [A] without any reason.
4. The shipowner shall take the necessary measures for preserving foods according to the kinds of food and keep [E] clean.

【Words and Phrases】

A. cooking, B. washing hands, C. fresh, D. clean, E.. storage facilities, F. for bathing

Examination for Ship's Cook (November 2011)
<Public Health 1/2>

Examinee' No.	Applicant' s Name

<Question 1>

Put a circle (○) for microbes that are closely related to food poisoning and a cross (×) for those that are not related to food poisoning among the following:

- (○) Vibrio paraphaemolyticus bacterium
- (○) Enterohemorrhagic Escherichia coli
- (×) Gonococci
- (○) Staphylococcus aureus
- (○) Clostridium botulinum
- (×) Tubercle bacillus

<Question 2>

Put a circle (○) for animal origin or vegetable origin toxins and put a cross (×) for those which are not such toxins among the following toxins related to food poisoning.

- (×) Enterotoxin
- (○) Tetrodotoxin
- (○) Solanin
- (×) Botulinum toxin
- (○) Linamarin (bean cortex)

Examination for Ship's Cook (November 2011)

<Public Health 2/2>

Examinee' No.	Applicant' s Name

<Question 3>

Water-borne infectious diseases (epidemics) characteristically break out explosively.

Put a circle (○) for the diseases that belong to water-borne infectious diseases among the following:

- Cholera
- Diabetes
- Epidemic diarrhea
- Malaria
- Epidemic hepatitis (Type-A viral hepatitis)
- Amoebic dysentery
- Gastric ulcer

<Question 4>

Put a circle (○) for the correct descriptions below.

- Epidemic hepatitis caused by type-A viral infection have as infectious sources water or foods contaminated by the feces of virus carriers through the mouth.
- Influenza is a form of food poisoning caused by tuberculosis bacteria infection.
- If shellfish such as oysters are eaten raw, there is a risk of contracting food poisoning caused by infection from small round-structured viruses.
- Malaria is a rodent-borne epidemic.
- Cholera is caused by foods and drinking water contaminated by the feces of patients and bacterial carriers.
- The basics for preventing bacterial food poisoning are to prevent contamination, to refrigerate, and to thoroughly cook foods.

Examination for Ship's Cook (November 2011)
<The Science of Nutrition 1/2>

Examinee' No.	Applicant' s Name

<Question 1>

Put a circle (○) for correct combinations and a cross (×) for incorrect ones below.

- (○) Nyctalopia – Vitamin A deficiency
- (×) Diabetes mellitus – Excess of calcium
- (×) Gout – Cholesterol deficiency
- (○) Hypertension – Excess salt

<Question 2>

Put a circle (○) for the correct sentences and a cross (×) for incorrect ones below.

- (×) Because vitamin E has an antioxidant effect, it is better to eat as many nuts as possible.
- (○) Vegetable oil reduces cholesterol in the blood.
- (×) Dietary fibers have no influence on the absorption of cholesterol.
- (○) When lipids are burned in the body, they generate 9 kcal per 1 gram .
- (×) Vitamin A is a water-soluble vitamin.

<Question 3>

Select the applicable words for the parentheses in the sentences below from among the words shown below, and enter relevant number in the parentheses.

Lipids are present in subcutaneous tissues and visceral organs in large quantities. They are energy sources and play a role in maintaining body temperature by reducing the diffusion of body heat from (4). Lipids are completely (3) in the body. If they are degraded in water and (6), (1) kcal/g is produced, so it is more efficient as an energy-storing material than sugars and proteins. In addition, compound lipids function as components of (2).

1. 9, 2. Cell membrane, 3. Oxidized, 4. Body surface, 5. 4, 6. Carbon dioxide
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Examination for Ship's Cook (November 2011)
<The Science of Nutrition 2/2>

Examinee' No.	Applicant' s Name

<Question 4>

Put a circle (○) for correct descriptions and a cross (×) for incorrect ones below.

- (○) Sugars are stored as glycogen in liver and muscles. Because the amount of sugars stored as glycogen is limited, however, excess sugars are biosynthesized into fats and deposited in fatty tissues.
- (×) If glucose is oxidized completely in the body, nitrogen is excreted into the urine.
- (○) Eicosapentaenoic acid contained in the fish oil of sardine, mackerel, and horse mackerel is an unsaturated fatty acid.
- (○) Because essential fatty acids including linoleic acid, linolenic acid, and arachdonic acid cannot be synthesized in the body, they should be taken from foods.
- (○) Vitamin B12 deficiency causes malignant anemia. It is difficult to become deficient with a normal diet, but consumption of alcohol in large quantities may cause vitamin B12 deficiency. It is contained in oysters, Sakhalin surf clam, and bovine liver in large quantities.

<Question 5>

Select the applicable words for the parentheses in the sentences below from among the words shown below, and enter relevant number in the parentheses.

Most foods taken by humans consist of sugars, mainly polysaccharides. The most common type is starch that is degraded to (3) through the process of digestion, and is absorbed. Foods are first broken down by amylase in (2) in the oral cavity to (5), but a part of them is broken down only to dextrin. In addition, they are broken down with digestive fluids in the stomach and intestine to glucose, and are absorbed in (4). Moreover, oligosaccharides such as sucrose and lactose are broken down by digestive enzymes in the intestinal fluid to monosaccharides, and are absorbed into the intestine. Pectin and cellulose, which have no digestive enzymes in the human body, are broken down by (1) in the large intestine, and part of them is absorbed.

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|--|
| 1. Enteric bacteria, 2. Saliva, 3. Glucose, 4. Small intestine,
5. Maltose |
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Examination for Ship's Cook (November 2011)

<Sitology 1/3>

Examinee' No.	Applicant' s Name

<Question 1>

Among the following descriptions concerning toxic ingredients, put a circle (○) for correct descriptions and a cross (×) for incorrect ones:

- (×) The ovary, liver, and bowels of blowfish contain a powerful toxic substance called mycotoxin.
- (○) The meat and liver of poisonous barracuda contain a toxic substance called ciguatoxin.
- (○) Mussel and scallop, which are bivalves, sometimes contain toxic substances such as saxitoxin and gonyautoxin.
- (○) Fly agaric, which is a toadstool, contains a toxic ingredient called muscarine.
- (○) Cassaba is detoxified for use as a food because it contains a nitril glycoside called linamarin.

<Question 2>

Among the following descriptions concerning the browning of foods, put a circle (○) for the items that show an enzymatic browning reaction and a cross (×) for items that show a non-enzymatic browning reaction:

- (×) Miso
- (×) Soy sauce
- (×) Bread
- (○) Lotus root
- (○) Apple

Examination for Ship's Cook (November 2011)
<Sitology 2/3>

Examinee' No.	Applicant' s Name

<Question 3>

The following descriptions refer to combinations of spices. Put a circle (○) for correct descriptions and a cross (×) for incorrect ones.

- (○) Turmeric ... coloring spice
- (×) Paprika ... pungent spice
- (○) Saffron ... coloring spice
- (○) Clove ... fragrant spice
- (×) Cinnamon ... pungent spice

<Question 4>

Among the following descriptions concerning beans, put a circle (○) on the correct ones and a cross (×) on the incorrect ones:

- (○) Soybeans are beans that contain a lot of protein and lipid, from which protein is extracted with hot water and coagulated to make tofu.
- (○) *Azuki* beans are beans that contain a lot of starch and protein, and are used to make bean jam.
- (×) Peanuts contain the most carbohydrates among beans.
- (○) Mung beans are used to grow bean sprouts and make starch noodles.
- (×) Kidney beans are used to make *To-ban-jan*, a seasoning for Chinese dishes.

Examination for Ship's Cook (November 2011)
<Sitology 3/3>

Examinee' No.	Applicant' s Name

<Question 5>

Among the following descriptions concerning the colors of foods, put a circle (○) on the correct ones and a cross (×) on the incorrect ones:

- (○) The green color of vegetables is derived from chlorophyll, which is discolored by preservation with vinegar.
- (○) The orange color of carrot is derived from carotenoid.
- (×) The red color of meat is derived from hemoglobin.
- (○) The color of strawberry and eggplant is derived from anthocyan.
- (×) The pigment of black tea is mainly catechin.

<Question 6>

Among the following descriptions of the flavor components of foods, put a circle (○) on the correct ones and a cross (×) on the incorrect ones:

- (×) The flavor component of *shiitake* mushroom is sodium inosinate.
- (×) The flavor component of *katsuobushi* (dried bonito flakes) is sodium guanylate.
- (○) The flavor component of *konbu* (sea tangle) is sodium glutamate.
- (○) The bitter taste component of beer is isohumulone.
- (○) The bitter taste component of coffee is caffeine.

Examination for Ship's Cook (November 2011)
<Food Sanitation 1/3>

Examinee' No.	Applicant' s Name

<Question 1>

Among the following descriptions concerning the relations between pathogenic substances and foods that can cause food poisoning, put a circle (○) for correct descriptions and a cross (×) for incorrect descriptions:

- 1 (×) Foods that can cause botulism are mostly dairy products.
- 2 (×) Foods that can cause salmonella poisoning are fishery products.
- 3 (○) In Japan, poisoning due to staphylococcus aureus is related to foods with a high starch content.
- 4 (×) Poisoning due to Welch' s bacillus is mostly caused by raw vegetables.
- 5 (○) Campylobactor poisoning is mostly caused by chicken.

<Question 2>

Among the following descriptions concerning sanitation control by food handlers, put a circle (○) for correct description and a cross (×) for incorrect descriptions.

- 1 (○) A person having a tumor or festering wound on his/her hand finger must not cook.
- 2 (×) If a kitchen is clean and well equipped, anybody other than those related to preparing food may freely enter and leave.
- 3 (○) It is important that a person who handles food should be healthy, wear clean clothes.
- 4 (○) A person who is cooking must cut his/her nails neatly, wash and disinfect the hands well, and keep them clean at all times.

Examination for Ship's Cook (November 2011)
<Food Sanitation 2/3>

Examinee' No.	Applicant' s Name

<Question 3>

Enter a number from 2 to 5 in () according to the correct order for washing hands by a person who engages in food preparation.

- (1) First, wet the hands with water, and apply soap to them.
- () Wash hands well with water.
- () Apply 0.2% cationic soap liquid to the hands, and rub in.
- () Wash fingers, between fingers, fingertips, and forearms.
- () Rinse off all soap.
- (6) Dry fingers, fingertips, and forearms with a paper towel, etc.

<Correct answers>

Answer: (1) (5) (4) (2) (3) (6)

<Question 4>

Among the following descriptions concerning viral food poisoning, put a circle (○) for correct descriptions and a cross (×) for incorrect descriptions.

- 1 (×) It has been added to the classification of food poisoning since 2000.
- 2 (×) It occurs most frequently from June to September like bacterial food poisoning.
- 3 (×) The main causative foods are meats (beef, pork, chicken) and eggs.
- 4 (○) Patients with viral food poisoning now occupy the majority of patients in Japan.
- 5 (○) The representative virus is called NORO.

Examination for Ship's Cook (November 2011)

<Food Sanitation 3/3>

Examinee' No.	Applicant' s Name

<Question 5>

The following descriptions concern food poisoning due to Staphylococci. Put a circle (○) for the correct ones and a cross (×) for the incorrect ones:

1. (○) Staphylococci are killed by boiling, but the toxin produced by these bacteria is resistant to heat, and it does not become non-toxic even when boiled.
2. (×) The toxin produced by Staphylococci is called tetrodotoxin.
3. (×) The main symptoms are fever, diarrhea, and abdominal pain, and the time to onset is relatively long at about 2 days.
4. (○) Staphylococci exist in the nasal cavity and the purulent lesion of humans. Rice balls, cooked breads, and unbaked Japanese cake which are made by hand commonly become the causative foods.

<Question 6>

The following descriptions concern microorganisms. Put a circle (○) on the correct ones and a cross (×) on the incorrect ones:

1. (×) For microorganisms to grow and proliferate, three conditions are required: nutrients, appropriate temperature, and oxygen.
2. (×) Bacteria are classified into cocci, bacilli and flat bacteria according to their contour.
3. (○) Many molds are useful in the manufacture of foods, but some produce toxic substances.
4. (○) The small round structured virus (NORO) does not proliferate in causative foods.

Examination for Ship's Cook (November 2011)
<Gastronomy 1/3>

Examinee' No.	Applicant' s Name

<Question 1>

The following descriptions define the purpose of cooking. Put a circle (○) in the parentheses if a description is correct or a cross (×) if it is incorrect.

- (×) In cooking we should respect the taste preferences of an individual, and do not need to consider nutritional balance.
- (○) Cooking makes foods sanitarly safe and easy to digest and absorb.
- (○) Cooking improves flavor and increases appetite by making a good appearance.
- (×) Since cooking improves the preservability of food, we do not need to consider sanitary risk.

<Question 2>

The following descriptions relate to the palatability of food. Put a circle (○) in the parentheses if a description is correct or a cross (×) if it is incorrect.

- (×) Palatability consists of taste, smell, and texture of foods, and does not relate to psychological and physiological conditions or environment of consumers.
- (○) A suitable temperature of a dish is generally considered to be $\pm 25^{\circ}$ C to $\pm 30^{\circ}$ C of body temperature, although there may be some differences among individuals.
- (×) Palatability of foods depends upon emotions or tension of the consumer, but does not influence digestion and absorption.
- (○) To enjoy the flavors of foods, it is also important to give consideration to the sense of taste, as well as general presentation on a dining table.

Examination for Ship's Cook (November 2011)
<Gastronomy 2/3>

Examinee' No.	Applicant' s Name

<Question 3>

The following descriptions relate to the cooking (boiling) process. Put a circle (○) in the parentheses if a description is correct or a cross (×) if it is incorrect.

- (×) When miso sauce or soy sauce is used as the seasoning of cooked food, it should be added at the beginning because a new flavor is created by heating.
- (×) Fish and shellfish should be cooked (boiled) over a low flame for a long time so that the flavor of fish and shellfish elute into the cooking liquid.
- (○) Cooking (boiling) involves heating food materials in a cooking liquid containing seasonings. It makes foods sanitarly safe and easy to digest and absorb, increases flavor and satisfies the tastes of an individual.
- (○) When two or more foods are cooked (boiled) at the same time, the harder one should be put in first, and the softer one afterward.

<Question 4>

The following descriptions relate to the properties of sugar. Put a circle (○) in the parentheses if a description is correct or a cross (×) if it is incorrect.

- (×) Because sugar is chemically stable, the sweet taste felt on the tongue is not influenced by temperature.
- (○) The preservation of foods in sugar uses the fact that the proliferation of bacteria is inhibited by the high osmotic pressure of sugar.
- (×) Adding sugar to an egg increases the thermocoagulation temperature of the protein in the egg, resulting in solidification of the egg.
- (○) If sugar is heated to approaching 200° C, an ambrosial caramel pigment is produced.

Examination for Ship's Cook (November 2011)
<Gastronomy 3/3>

Examinee' No.	Applicant' s Name

<Question 5>

The following descriptions relate to cooking rice. Put a circle (○) in the parentheses if a description is correct or a cross (×) if it is incorrect.

- (○) Rice should be washed with water to remove the bran attached to the surface of a rice grain. If not washed properly, the odor of bran is absorbed into a rice grain, and the cooked rice may lose some of its flavor.
- (×) Rice should absorb water for 30 minutes to 2 hours, and the time should be longer in summer and shorter in winter. If the absorption of water is insufficient, the rice might not be gelatinized completely, and the central part of a rice grain could be left uncooked.
- (×) When cooking rice, water should be added in ratios of about 1.2 times the weight or about 1.5 times the volume of rice.
- (○) Steaming at the end of the rice-cooking process has the purpose of accelerating the gelatinization of starch and absorbing water attached to the surface of a grain of boiled rice into the grain, to boil the rice to the perfect degree of softness.

<Question 6>

The following descriptions relate to the suitable temperatures and heating times for deep-fried dishes. Put a circle (○) in the parentheses if a description is correct or a cross (×) if it is incorrect.

- (○) Fish and shellfish tempura should be deep-fried at a temperature of 180° C to 190° C for 1 to 2 minutes.
- (○) A pork cutlet should be deep-fried at a temperature of 180° C for 3 to 4 minutes.
- (×) Doughnuts should be deep-fried at a temperature of 200° C for 1 to 2 minutes.
- (×) Other foods should be deep-fried at a temperature of 150° C for 4 to 5 minutes.