Practical Skills in School Meals Training Resources

Professional Standards: Operations – 2000 (Food Production 2100)

Webcast

Practical Skills in School Meals - 13 minutes

Identifies the skills and tools necessary to deliver, safe, quality meals to school customers.

Activity

1. **Organizing Workspace (15 minutes):** Conduct a 5 minute tour of your kitchen and discuss improved organization of workspace, equipment, and ingredients. Ideas for improvement may include:
   a. Rearranging work tables
   b. Increase use of rolling pan racks and/or carts
   c. Easily accessible storage of film wrap, aluminum foil, and parchment paper (parchment paper could be stored in a sheet pan located on the top or bottom of rolling bun pan rack)
   d. Use of food processing equipment (i.e. sectionizers, slices, food processors)
   e. Better organization of storage areas, including both dry and cold.

2. **Work Smarter, Not Harder (10 minutes):** Create teams of 4-5 and their task will be to develop work simplification skills to improve kitchen efficiency.
   a. Materials needed for each team: sticky note pads, ladle, steamtable pans, 1 sheet of parchment paper, No. 10 scoop, ½ measuring cup, bread knife, cutting board, scale, vegetable peeler, and marker.
   b. Place equipment for each team on a sheet pan lined with parchment paper. Using a marker write Team 1, Team 2, etc.
   c. Provide each team a copy of the USDA Recipe: Vegetable Wrap (page 36)
   d. Each team is to design a work station for preparing vegetable wraps in 3-4 minutes. On the self-adhesive notes, have teams write the name of the food item and place it where they think it belongs in the workspace (vs. using real food).
   e. Gather participants and discuss the pros and cons of the workspace created by each team and may any suggestions for improvement or praises for efficient thinking.
3. **Knife Skills:** review knife skills with staff, including the correct culinary technique when cutting orange wedges.

**Quiz**

The quiz questions can be completed as group, in pairs, or individually as a way to reinforce concepts learned.

1. **Using the correct culinary technique:**
   - a. improves meal quality
   - b. reduces leg strain
   - c. improves meal counts
   - d. is only used by chefs

2. **Which statement(s) best describes quality school meals?**
   - a. Meals that are attractive and tasty
   - b. Foods that are received, stored, prepared, and served using proper food safety practices
   - c. Staff that is friendly and meals served in a timely manner
   - d. All of the above

3. **A standardized recipes includes all of the following except:**
   - a. Weights and measures
   - b. Directions
   - c. Recipe Yield
   - d. **Student Acceptance**

4. **Which of the following is a quality standard?**
   - a. Yield
   - b. Cooking Instructions
   - c. Recipe Substitutions
   - d. **Appearance**

**Additional Practical Skills in School Meals Resources:**

- **Institute of Child Nutrition (ICN) – Practical Skills in Preparing Quality Meals Training Guides and Videos:** plan food production, review the Quality Scorecard and standardized recipe, organize, implement culinary techniques, and deliver a quality product. The resource includes six lessons in an instructor's guide and participant's workbook, and six video lessons.
- **Basics at a Glance Poster** - offers "at a glance" information on recipe abbreviations, measurement conversions, portioning tools, and steamtable pan capacity. Post it in the kitchen for quick reference.
- **Standardized Recipes**
  - **Measuring Success with Standardized Recipes Training Resource** – Institute of Child Nutrition: addresses the benefits of using and developing standardized recipes. Designed to assist school food service, child care managers, and employees with development and use of standardized recipes in their operations.
  - **Iowa School Nutrition Web-Based Tutorials** – Standardized Recipes (1 hour)
- **Knife Cutting Skills**
  - **Knives 101 – ISU Extension Article**
Food Service Food Safety Training Videos - ISU Extension and Outreach:
- Employee Health and Hygiene Video (8 minutes)
- Time and Temperature Video (10 minutes)
- Cleaning and Sanitizing Video (9 minutes)