



## 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, slicers, 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 a recipe.
  - d. Each team is to design a work station for preparing the recipe 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:**
  - improves meal quality
  - reduces leg strain
  - improves meal counts
  - is only used by chefs
- 2. Which statement(s) best describes quality school meals?**
  - Meals that are attractive and tasty
  - Foods that are received, stored, prepared, and served using proper food safety practices
  - Staff that is friendly and meals served in a timely manner
  - All of the above
- 3. A standardized recipes includes all of the following except:**
  - Weights and measures
  - Directions
  - Recipe Yield
  - Student Acceptance
- 4. Which of the following is a quality standard?**
  - Yield
  - Cooking Instructions
  - Recipe Substitutions
  - Appearance