

Principles of Food Preparation 150 - Fact Sheet

LESSON 1

Topic: Orientation to the Principles of Safety & Sanitation

Goal: Orient participants to the requirements and goals of Food Preparation for Child Nutrition Professionals.

LESSON 2

Topic: Small Equipment and Standardized Recipes

Goal: Familiarize participant with commonly used utensils and create a working knowledge of standardized recipes.

LESSON 3

Topic: Large Equipment and Food Production Records

Goal: Provide information about the use, care and safety of large equipment, the child nutrition professional will feel more confident about using each in their program.

LESSON 4

Topic: Understanding Cooking Principles and Techniques

Goal: Learn about various food groups, nutrient contributions and storage principles.

LESSON 5A

Topic: Experiencing the Laboratory

Goal: Learn practical, organizational skills to successfully conduct food service evaluations and testing.

LESSON 5B

Topic: Food Presentation

Goal: Provide participants with ideas and materials that will give them the confidence and desire to use creative presentations in their daily production.