



## Culinary Basics: Five Topics School Nutrition Professionals Need to Know

This tool is designed to help local School Food Authorities (SFA's) when developing trainings as a starting point for new hires and substitutes, or as a refresher for School Nutrition Professionals. Links to videos for each topic have been identified to aid in supplementing system specific trainings. Connection opportunities are noted as potential hands-on learning experiences.

| Food Safety                   |                                                                                                                |                                                                     |                                                                                                                                  |               |                                                                                               |
|-------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------|-----------------------------------------------------------------------------------------------|
| Topic                         | Description                                                                                                    | Connection/ Hands-on Learning                                       | Video Links<br>Only viewable with YouTube                                                                                        | Learning Code | Additional Resources                                                                          |
| HACCP                         | 9 steps in the flow of food through the kitchen                                                                | Consider having your local DPH come conduct a training.             | <a href="#">Intro to HACCP: Part 1</a> 7:06<br><a href="#">Intro to HACCP: Part 2</a> 7:55<br><a href="#">CCP and HACCP</a> 4:00 | 2000 (2610)   | <a href="#">GaDOE SNP Training Catalog</a><br><a href="#">GaDOE SNP Food Safety Resources</a> |
|                               | 7 steps in a HACCP plan                                                                                        | Locate your HACCP manual.                                           |                                                                                                                                  |               |                                                                                               |
|                               | Temperature Logs                                                                                               |                                                                     |                                                                                                                                  |               |                                                                                               |
| Proper Storage                | Safely store foods in the proper storage area                                                                  | Locate your cooler and freezer thermometers.                        | <a href="#">Quality Food Storage</a> 9:08                                                                                        | 2000 (2520)   | <a href="#">Refrigerate for Safety</a><br><a href="#">GaDOE Food Safety Resources</a>         |
|                               |                                                                                                                | Walk coolers and check for proper storage.                          |                                                                                                                                  |               |                                                                                               |
| Temperatures and Thermometers | Identify safe and unsafe temperatures for food storage and handling.                                           | Demonstrate proper bimetallic thermometer calibration.              | <a href="#">Thermometers Made Easy</a> 7:40<br><a href="#">Food Safety: Temperature Logs</a> 15:04                               | 2000 (2610)   | <a href="#">GaDOE Food Safety Resources</a>                                                   |
|                               | Demonstrate the proper use of a thermometer.                                                                   | Identify all equipment in your kitchen that requires a thermometer. |                                                                                                                                  |               |                                                                                               |
|                               | Identify when food temperatures should be checked and list the equipment that requires temperature monitoring. |                                                                     |                                                                                                                                  |               |                                                                                               |

## Standardized Recipes

| Topic                       | Description                                                                                                                                                  | Connection/ Hands-on Learning                                                       | Video Link<br>Only viewable with YouTube  | Learning Code | Resources                    |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------|---------------|------------------------------|
| <b>Standardized Recipes</b> | <p>Define standardized recipe</p> <p>List reasons standardized recipes should be followed</p> <p>Locate needed information on a USDA standardized recipe</p> | Consider reviewing some of the standardized recipes used frequently in the kitchen. | <a href="#">Standardized Recipes</a> 5:08 | 1000 (1140)   | <a href="#">Flavor Chart</a> |

## Time Management

| Topic                | Description                                                          | Connection/ Hands-on Learning                                                                    | Video Link<br>Only viewable with YouTube | Learning Code | Resources                                |
|----------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------|---------------|------------------------------------------|
| <b>Work Smart</b>    | Identify time and labor-saving techniques for common kitchen tasks   | Identify a task in your kitchen that could be improved using work simplification techniques.     | <a href="#">Work Smart</a><br>5:30       | 2000 (2140)   | <a href="#">Work Hard and Work Smart</a> |
| <b>Mise en place</b> | Having everything you need in one place in order to complete a task. | Select recipes. School Nutrition Professionals to identify everything needed to complete recipe. | <a href="#">Mise en place</a><br>5:18    | 2000 (2130)   |                                          |

# Culinary Practices

| Topic                       | Description                                                                                                                                                                                 | Connection/ Hands-on Learning                                                                                        | Video Link<br>Only viewable with YouTube                                                                                                                                                                                                                                                                        | Learning Code                      | Resources                                                                                                                                                               |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Weights and Measures</b> | <p>Measure selected ingredients accurately using appropriate wet and dry measures</p> <p>Recognize a weight versus a volume measurement</p> <p>Identify the appropriate measuring tools</p> | <p>Locate the scales used in your kitchen. Become familiar with its functions: On/Off, Tare, and Unit Selection.</p> | <p><a href="#">Knowing Your Weights &amp; Measures</a> 7:06</p>                                                                                                                                                                                                                                                 | <p>1000 (1140)<br/>2000 (2110)</p> |                                                                                                                                                                         |
| <b>Culinary Terms</b>       | <p>Understand common culinary language</p>                                                                                                                                                  | <p>Create a Jeopardy style game using kitchen terminology and acronyms.</p>                                          | <p><a href="#">Learning to Speak 'Kitchenese'</a> 8:25</p>                                                                                                                                                                                                                                                      | <p>2000 (2110)</p>                 | <p><a href="#">Culinary Instructional Guides</a></p>                                                                                                                    |
| <b>Knife Skills</b>         | <p>Review knife skills</p>                                                                                                                                                                  | <p>Conduct a knife skills practice session.</p>                                                                      | <p><a href="#">Chef's Knife Culinary Techniques for Healthy School Meals</a> 2:42</p> <p><a href="#">Practice Your Knife Skills: Chopping Celery</a> 1:43</p> <p><a href="#">Knife Skills</a> 2:51</p> <p><a href="#">Sharpening Knives</a> 6:10</p> <p><a href="#">Cleaning and Storage of Knives</a> 2:08</p> | <p>2000 (2130)</p>                 | <p><a href="#">Knife Skills – Culinary Institute of Child Nutrition</a></p> <p><a href="#">Types of Knives</a></p> <p><a href="#">Culinary Instructional Guides</a></p> |

| Topic                                | Description                                                                                                     | Connection/ Hands-on Learning                                                                          | Video Link<br>Only viewable with YouTube                                                                                                                                                                                                                                                                                                 | Learning Code              | Resources                                       |
|--------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|-------------------------------------------------|
| <b>USDA Produce Safety Resources</b> | Understand proper receiving and inspection of produce. Review ways to prepare and handle various produce items. | Inspect cases of produce and identify any quality concerns. Practice different preparation techniques. | Produce Lab <a href="#">Bananas</a><br>Produce Lab <a href="#">Broccoli/Cauliflower</a><br>Produce Lab <a href="#">Cucumbers</a><br>Produce Lab <a href="#">Oranges</a><br>Produce Lab <a href="#">Romaine</a><br>Produce Lab <a href="#">Strawberries</a><br>Produce Lab <a href="#">Tomatoes</a><br>Produce Lab <a href="#">Apples</a> | 2000 (2130)<br>2500 (2520) |                                                 |
| <b>Cooking Temperatures</b>          | Identifying the correct cooking temperature for the food item.                                                  | Conduct a cooking test with different temperatures and compare results.                                | <a href="#">Oven Temperatures</a> 2:16                                                                                                                                                                                                                                                                                                   | 2000 (2130)                | <a href="#">Baking Temperatures at a Glance</a> |

## Communication

| Topic                          | Description                      | Connection/ Hands-on Learning                                                                                                    | Video Link<br>Only viewable with YouTube                                                               | Learning Code | Resources                                        |
|--------------------------------|----------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------|--------------------------------------------------|
| <b>Workplace Communication</b> | Explore communication techniques | Review common kitchen communication phrases such as: behind you; hot tray, etc.                                                  | <a href="#">Workplace Communication</a> 4:33                                                           | 4000 (4160)   | <a href="#">Graphic Downloads from GaDOE SNP</a> |
| <b>Listen and Learn</b>        | Improve listening skills         | Familiarize yourself with equipment in the kitchen and ask questions to your manager on safety tips and operation of each piece. | <a href="#">Listen &amp; Learn</a> 5:05                                                                | 4000 (4140)   |                                                  |
| <b>Leadership Skills</b>       | Develop leadership skills        |                                                                                                                                  | <a href="#">School Nutrition Leadership Skills: Assess, Analyze and Apply with Debra Kibbe</a> 1:04.36 | 3210          | <a href="#">Leadership Engagement Tools</a>      |

You can access customizable posters and materials on our Graphics download page on our website [here](#). All our training videos are available in our Training Catalog on our website [here](#).