



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 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.	Intro to HACCP: Part 1 7:06 Intro to HACCP: Part 2 7:55 CCP and HACCP 4:00	2000 (2610)	GaDOE SNP Training Catalog GaDOE SNP Food Safety Resources
	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.	Quality Food Storage 9:08	2000 (2520)	Refrigerate for Safety GaDOE Food Safety Resources
		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.	Thermometers Made Easy 7:40 Food Safety: Temperature Logs 15:04	2000 (2610)	GaDOE Food Safety Resources
	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 Only viewable with YouTube	Learning Code	Resources
Standardized Recipes	<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.	Standardized Recipes 5:08	1000 (1140)	Flavor Chart

Time Management

Topic	Description	Connection/ Hands-on Learning	Video Link Only viewable with YouTube	Learning Code	Resources
Work Smart	Identify time and labor-saving techniques for common kitchen tasks	Identify a task in your kitchen that could be improved using work simplification techniques.	Work Smart 5:30	2000 (2140)	Work Hard and Work Smart
Mise en place	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.	Mise en place 5:18	2000 (2130)	

Culinary Practices

Topic	Description	Connection/ Hands-on Learning	Video Link Only viewable with YouTube	Learning Code	Resources
Weights and Measures	<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>Knowing Your Weights & Measures 7:06</p>	<p>1000 (1140) 2000 (2110)</p>	
Culinary Terms	<p>Understand common culinary language</p>	<p>Create a Jeopardy style game using kitchen terminology and acronyms.</p>	<p>Learning to Speak 'Kitchenese' 8:25</p>	<p>2000 (2110)</p>	<p>Culinary Instructional Guides</p>
Knife Skills	<p>Review knife skills</p>	<p>Conduct a knife skills practice session.</p>	<p>Chef's Knife Culinary Techniques for Healthy School Meals 2:42</p> <p>Practice Your Knife Skills: Chopping Celery 1:43</p> <p>Knife Skills 2:51</p> <p>Sharpening Knives 6:10</p> <p>Cleaning and Storage of Knives 2:08</p>	<p>2000 (2130)</p>	<p>Knife Skills – Culinary Institute of Child Nutrition</p> <p>Types of Knives</p> <p>Culinary Instructional Guides</p>

Topic	Description	Connection/ Hands-on Learning	Video Link Only viewable with YouTube	Learning Code	Resources
USDA Produce Safety Resources	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 Bananas Produce Lab Broccoli/Cauliflower Produce Lab Cucumbers Produce Lab Oranges Produce Lab Romaine Produce Lab Strawberries Produce Lab Tomatoes Produce Lab Apples	2000 (2130) 2500 (2520)	
Cooking Temperatures	Identifying the correct cooking temperature for the food item.	Conduct a cooking test with different temperatures and compare results.	Oven Temperatures 2:16	2000 (2130)	Baking Temperatures at a Glance

Communication

Topic	Description	Connection/ Hands-on Learning	Video Link Only viewable with YouTube	Learning Code	Resources
Workplace Communication	Explore communication techniques	Review common kitchen communication phrases such as: behind you; hot tray, etc.	Workplace Communication 4:33	4000 (4160)	Graphic Downloads from GaDOE SNP
Listen and Learn	Improve listening skills	Familiarize yourself with equipment in the kitchen and ask questions to your manager on safety tips and operation of each piece.	Listen & Learn 5:05	4000 (4140)	

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](#).