

HEALTHY CUISINE FOR KIDS

Fourth Edition

CACFP - Culinary Basics





Child Nutrition & Food Distribution



National Food Service
Management Institute
The University of Mississippi
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Welcome Get Acquainted

- Introductions
 - Who are you?
 - Where are you from?





Today's Objectives

1. Learn about basic kitchen utensils and tools and demonstrate how to properly use them.
2. Demonstrate basic culinary skills required to prepare and serve nutritious, high-quality meals that appeal to children.



Today's Agenda

- **Cooking basics PowerPoint**
- Chef demonstrations
- Break
- Hands-on practice for participants
- Recipe preparations
- Taste testing
- Healthy snacks PowerPoint
- Chef demonstrations
- Hands-on practice for participants and recipe preparations
- Taste testing, evaluations, group discussion, clean-up
- 4:00 PM – Thanks for coming 😊



CACFP – Culinary Basics

Menu Planning



CACFP Meal Pattern

- Breakfast

- Milk (skim, 1%) - ½-1 cup
- Fruit or Vegetable - ¼-½ cup
- Grain/Bread - ½-1 oz.



CACFP Meal Pattern

- Lunch/Supper
 - Milk (skim, 1%) - ½-1 cup
 - 2 Fruit(s)/Vegetable(s) - ¼-¾ cup
 - Grain/Bread - ½-1 oz.
 - Meat/Meat Alternate - 1-2 oz.



CACFP Meal Pattern

- Snacks: Select 2 of the 4 components
 - Milk (skim, 1%) - ½-1 cup
 - Fruit or Vegetable - ½-¾ cup
 - Grain/Bread - ½-1 oz.
 - Meat/Meat Alternate - ½-1 oz.



Other Menu Planning Considerations

- Cycle menu or monthly menu
- Taste
- Color
- Texture
- Choking hazards
- Temperature
- Variety
- Budget
 - Produce that's in-season



Other Menu Planning Considerations, continued

- Food allergies
 - The “Big 8”: eggs, peanuts, fish, soy, wheat, milk, tree nuts, shellfish
- Diverse populations/new Americans
 - May avoid pork or beef



CACFP – Culinary Basics

Kitchen Basics



Culinary Basics

1. Correctly use standardized recipes, weights, and measures.
2. Use flavorings and seasonings appropriately.
3. Follow the recipe exactly.
4. Select the appropriate cooking/preparation methods and equipment.
5. Strict adherence to rules of food safety and sanitation.



Organizing Equipment and Ingredients

- **Organize yourself** – plan your work, read the recipes, prioritize
- **Ingredients**
 - Measuring
 - Washing, trimming, and cutting ingredients
 - Pre-preparation of ingredients, such as stocks



Organizing, continued

- **Equipment** – collect all tools and prepare equipment
- **Work station** – when set up properly, you should not have to leave the area while you work
- **Establishing a work flow** – ingredients, tools, equipment should be in logical order



Standardized Recipes

Fast and Easy Fruit Salad

7-8 Servings

Meal components: Fruit and Meat/Meat Alternate

Ingredients	Measure	Directions
Mixed fruit, pineapple tidbits, or fresh pineapple*	1 – 15 oz. can (1 ½ c.)	If using canned fruit, drain well.
Apples, medium	2	
Bananas, medium	2	Wash fruit. Cut fruit into bite-sized pieces. Add drained fruit (or other fresh fruit).
Low fat or fat free vanilla yogurt	1 ¼ cups	Add the vanilla yogurt and mix well.

1 cup provides 1 cup fruit and 0.25 oz. meat/meat alternate equivalent.

*Any canned or fresh fruit and be substituted.

Tip: Variations include adding almond flavoring, coconut, or slivered almonds.

From: Young People's Healthy Heart Program, Mercy Hospital of Valley City



Why Standardized Recipes?

- Consistent Food Quality
- Contribution to Meal Pattern
- Predictable Yield
- Accurate Nutrient Content
- Food Cost Control
- Efficient Purchasing/Inventory Control
- Employee Confidence



Basic Knives

- Chef's Knife
- Paring Knife
- Bread Knife





Rules for Measuring Dry Ingredients

- Use standard measuring equipment.
- Use the largest appropriate standard measuring container to save time and to reduce error.
 - Exception: to measure flour, do not use a container larger than 1 quart because flour packs easily.
- Spoon ingredient lightly into the measuring container (If lumpy, sift before measuring).



Measuring Dry Ingredients, continued

- Exception: pack brown sugar firmly into the measuring container so it will take the shape of the container when emptied.
- Fill the measuring container to overflowing and level off with a straight-edged spatula.
- Avoid shaking or tapping measuring container.



Dry Measuring Containers



- Usually metal for durability
- Flat top edge for leveling contents





Rules for Measuring Liquid Ingredients

- Use the largest appropriate standard measuring container.
- Place liquid measuring container on a flat surface.
- Pour liquid into the container until it reaches the desired level.
- Read at eye level when using a clear container. If a metal container is used, look inside the container as the liquid is filled to desired level.



Liquid Measuring Containers, continued



- Available in metal and plastic
- Plastic containers have graduations on both sides; more accurate for liquid measuring
- Available in a variety of sizes



Measuring Spoons



- Used for measuring small quantities
- Available in a variety of styles
- 1/4 teaspoon
- 1/3 teaspoon
- 1/2 teaspoon
- 1 teaspoon
- 1 Tablespoon



Measurement Abbreviations

- Teaspoon → t or tsp.
- Tablespoon → T or Tbsp.
- Fluid ounce → fl oz
- Cup → c
- Pint → pt
- Quart → qt
- Gallon → gal



Ounce to Gallon Conversion

Fluid ounces

Cup	8 ounces		
Pint	16 ounces	2 cups	
Quart	32 ounces	4 cups	2 pounds
Gallon	128 ounces	4 quarts	8 pounds



Common Conversions, continued

- 3 teaspoons = 1 Tablespoon
- 2 Tablespoons = 1 fluid ounce
- 4 Tablespoons = 1/4 cup
- 8 Tablespoons = 1/2 cup
- 12 Tablespoons = 3/4 cup
- 16 Tablespoons = 1 cup



Fluid Ounces vs. Ounces

- Fluid Ounce = weight of water or other similar liquid (milk, oil)
 - 1 cup weighs 8 oz.
- Ounce = the exact weight of any product
 - Need to use a scale



Rules for Weighing

- Weighing is more accurate than measuring
- Pointer should be on zero when you begin
- Place container for ingredient on scale's platform.



Rules for Weighing

- If using a scale with a fixed dial:
 - Place container on platform
 - Record weight of container
 - Add ingredients until total weight equals the required weight, plus the weight of the container.

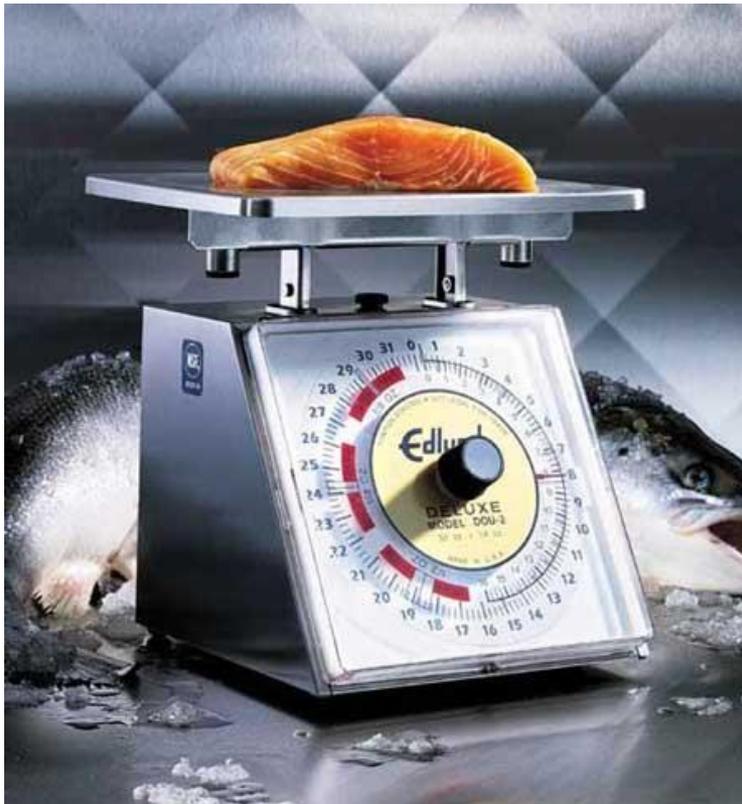


Weighing, continued

- If using the scale with an adjustable dial:
 - Place the container on the platform and turn the pointer to zero
 - Add the ingredients until the dial reflects the required weight.



Spring Scales



- Come in a variety of sizes
- Dial may be fixed or adjustable
- Pointer should be set to zero before using

Edlund Company™



Weighing, continued

- If using an electronic scale:
 - Press the tare button after the container is placed on the platform.



Electronic Scales



- Digital read out
- Units of measure changed easily by flipping switch
- Should be reset after each measurement



Scale Care

- Move by holding the base of the scale (never by the platform).
- Avoid storing items on top of the scale.
- Try to keep the scale in a permanent location.
- Avoid rough handling.
- Remember to clean the scale when finished!



Common Conversions

Basics at a Glance

Recipe Abbreviations

approx. = approximate
 tsp or t = teaspoon
 Tbsp or T = tablespoon
 c = cup
 pt = pint
 qt = quart
 gal = gallon
 wt = weight
 oz = ounce
 lb or # = pound (e.g., 3#)
 g = gram
 kg = kilogram
 vol = volume
 mL = milliliter
 L = liter
 fl oz = fluid ounce
 No. or # = number (e.g., #3)
 in. or " = inches (e.g., 12")
 °F = degree Fahrenheit
 °C = degree Celsius or centigrade

Volume Equivalents for Liquids

60 drops	= 1 tsp
1 Tbsp	= 3 tsp = 0.5 fl oz
1/8 cup	= 2 Tbsp = 1 fl oz
1/4 cup	= 4 Tbsp = 2 fl oz
1/3 cup	= 5 Tbsp + 1 tsp = 2.65 fl oz
3/8 cup	= 6 Tbsp = 3 fl oz
1/2 cup	= 8 Tbsp = 4 fl oz
5/8 cup	= 10 Tbsp = 5 fl oz
2/3 cup	= 10 Tbsp + 2 tsp = 5.3 fl oz
3/4 cup	= 12 Tbsp = 6 fl oz
7/8 cup	= 14 Tbsp = 7 fl oz
1 cup	= 16 Tbsp = 8 fl oz
1/2 pint	= 1 cup = 8 fl oz
1 pint	= 2 cups = 16 fl oz
1 quart	= 2 pt = 32 fl oz
1 gallon	= 4 qt = 128 fl oz

Equivalent Weights

16 oz	= 1 lb = 1,000 g
12 oz	= 3/4 lb = 0.750 lb
8 oz	= 1/2 lb = 0.500 lb
4 oz	= 1/4 lb = 0.250 lb
1 oz	= 1/16 lb = 0.063 lb

Fraction to Decimal Equivalents

1/8	= 0.125
1/4	= 0.250
1/3	= 0.333
3/8	= 0.375
1/2	= 0.500
5/8	= 0.625
2/3	= 0.666
3/4	= 0.750
7/8	= 0.875

Metric Equivalents by Weight

Customary Unit	Metric Unit
Ounces (oz)	Grams (g)
1 oz	= 28.35 g
4 oz	= 113.4 g
8 oz	= 226.8 g
16 oz	= 453.6 g
Pounds (lb)	Grams (g)
1 lb	= 453.6 g
2 lb	= 907.2 g
Pounds (lb)	Kilograms (kg)
2.2 lb	= 1 kg (1000 g)

Metric Equivalents by Volume

Customary Unit (fl oz)	Metric Unit
1 cup (8 fl oz)	= 236.59 mL
1 quart (32 fl oz)	= 946.36 mL
1.5 quarts (48 fl oz)	= 1.42 L
33.818 fl oz	= 1.0 L



Scoops (Dishes)

Size/No.	Level Measure	Color Code*
6	2/3 cup	
8	1/2 cup	
10	3/8 cup	
12	1/3 cup	
16	1/4 cup	
20	3-1/3 Tbsp	
24	2-2/3 Tbsp	
30	2 Tbsp	
40	1-2/3 Tbsp	
50	3-3/4 tsp	
60	3-1/4 tsp	
70	2-3/4 tsp	
100	2 tsp	

*Scoops are left or right hand or square type that can be used for both hands. Number on the scoop indicates how many level scoops fills make one quart. For example, eight No. 8 scoops = 1 quart.



*Use color coding matching the brand specific color coding of scoop sizes.

Ladles Portion Servers

Ladle fl oz	Approx. Measure	Portion Server fl oz
1 oz	1/8 cup	1 oz
2 oz	1/4 cup	2 oz
3 oz	3/8 cup	3 oz
4 oz	1/2 cup	4 oz
6 oz	3/4 cup	6 oz
8 oz	1 cup	8 oz
12 oz	1-1/2 cups	

Ladles and portion servers (measuring serving spoons that are volume-measured) are labeled "fl oz" and would be more accurate since they measure volume, not weight.

Use ladles for serving soups, stews, creamed dishes, sauces, gravies, and other liquid products.
 Use portion servers (solid or perforated) for portioning solids and semi-solids such as fruits and vegetables, and condiments.

Cooking or Serving Spoons



Spoons vary in length (11", 15", 16", 18", 21") for ease of use in cooking or serving. Spoons can have plastic handles that are heat-resistant. Level scoops, ladles, and portion servers provide more accurate portion control than serving spoons that are not volume-standard measure.

Specialty Spoons



A thumb notch on a server or spoon handle prevents the spoon from slipping into the pan and prevents hands from sliding into the food. Triple-edge (solid or perforated) spoons have a flat edge that increases the area where the spoon touches the bottom of the pan when stirring.

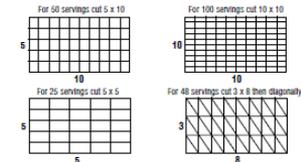
Steamtable Pan Capacity

Pan Size	Approx. Capacity	Serving Size	Ladle (fl oz)	Scoop #	Approx. # Servings
12" x 20" x 2-1/2"	2 gal	1/2 cup 3/8 cup 1/3 cup 1/4 cup	4 oz 3 oz 2.65 oz 2 oz	8 10 12 16	64 80 96 128
12" x 20" x 4"	3-1/2 gal	1/2 cup 3/8 cup 1/3 cup 1/4 cup	4 oz 3 oz 2.65 oz 2 oz	8 10 12 16	112 136 168 224
12" x 20" x 6"	5 gal	1/2 cup 3/8 cup 1/3 cup 1/4 cup	4 oz 3 oz 2.65 oz 2 oz	8 10 12 16	160 200 240 320

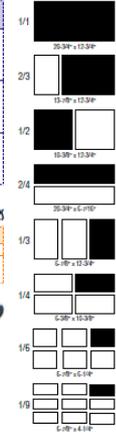
Approximate Dimensions of Serving Sizes from Different Pan Sizes

Pan	Approx. Size	No. and Approx. Size Servings per Pan
Baking or steamtable	12" x 20" x 2-1/2"	25 2" x 3-3/4" 50 2" x 2"
Sheet or bun	18" x 26" x 1"	3-1/4" x 5" 3-1/4" x 2-1/2" 1-3/4" x 2-1/2"

Cutting Diagrams for Portioning



Other Pan Sizes



Steamtable or counter pans are available in various sizes. Smaller size pans may require the use of an adapter bar.



Scoops/Dishers/Dippers



- Often are color-coded
- Range in size from 6 to 100
- Size = number of level scoops per quart
- Size on blade or handle



Spoodles



- Combination spoon and ladle
- Available in sizes from 2 ounces to 8 ounces
- May be solid or perforated

Ladles



- Available in sizes from 2 ounces to 8 ounces
- Good for soups, sauces, creamed foods, or other similar foods



Serving Spoons



- Least accurate portion tool
- Good for serving pre-portioned items
- May be solid, slotted, or perforated
- Are not identified by a number



CACFP – Culinary Basics

Safety and Sanitation



Safety and Sanitation Basics

- Personal hygiene/health
 - hand washing
 - clean apron
 - gloves for RTE foods
 - hair net
 - stay home when sick
 - etc.



Safety and Sanitation Basics

- Cleaning methods
 - Sanitizing work surfaces and serving areas
 - Dish washing
 - 3 compartment sink
 - Dish machine
 - Air dry all dishes



Safety and Sanitation Basics

- Proper temperatures
 - Proper cooking temperatures
 - 145-165°F, depending on the food
 - Limiting time food is in the Danger Zone (41-135°F)
 - Document temperatures
 - Proper cooling procedures



Safe Way to Taste Test

- Place a small amount of food into a separate container.
- Step away from exposed food and food contact surfaces.
- Use a teaspoon to taste the food. Remove the used teaspoon and container to the dish room. Never reuse a spoon that has already been used for tasting.
- Wash hands immediately.