

# PRESCHOOL FOOD INITIATIVE CULINARY BOOT CAMP TRAINING AGENDA

Agenda for an Early Childhood Education  
center training conducted by Instructor  
Chefs from the School Food Initiative.



## **PFI Culinary Boot Camp Training Agenda**

### **Day 1 Schedule**

7:30-8:00 Registration

8:00-8:45 Eric Nelson: Preschool Food and Healthy Habits

8:45-9:00 Break

9:00-10:30 Pamela-Food Safety

10:30-10:40 Break

10:40-10:55 Janet-Kitchen tour, group assignments and pre-class routine

10:55-11:15 Pamela- Recipe reading, breakfast as a meal, baking demo

11:15-12:45 Group hands on baking production (demo immersion blender with salad dressings and pizza sauce)

12:45-1:00 Clean up and set out lunch

1:00-2:00 40 minute lunch + optional 20 minute walk

2:00-4:30 Eric-Food Inc. Movie + discussion

### **Day 2 Schedule**

8:00-8:30 Eric Nelson

8:30-10:00 Knife Skills

10:00-10:15 Break

10:15-12:15 Kitchen production

12:15-12:30 Clean up and set up for lunch

12:30-1:30 40 minute lunch + 20 minute optional walk

1:30-2:45 Janet-Culinary Math

2:45-3:00 Break

3:00-4:15 Pamela-using the Food Buying Guide, portion requirements for preschoolers

4:15-4:30 Wrap up and review

## **Day 3 Schedule**

8:00-8:30 Pamela-Label Reading

8:30-9:00 Local Procurement

9:00-9:15 Break

9:15-9:35 Pamela-Safe Handling of Raw Meats

9:35-11:45 Kitchen Production

11:45-12:00 Clean up and set up for lunch

12:00-12:30 Pamela-Welcome introductions and Lunch!

12:30-12:45 Eric Nelson-Recap Vision; introduce "Action" Exercise

12:45-1:15 Eric- Participants and Directors discuss goals and action steps

1:15-1:30 Eric-Participants and Directors recap results of above exercise

1:30-1:45 Pamela-Facilitate group sharing of ways to market new foods at their centers

1:45-2:00 Break

2:00-2:15 Graduation!!!