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

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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!!!