

PRESCHOOL FOOD INITIATIVE: TRAINING RUNDOWN

Outline of preschool teacher culinary training presented by School Food Initiative Chef Instruction.

PFI Training for Teachers presented by SFI Chef Instructors

I. Outline for PFI Training for Teachers

A. Teaching Segments

1. Introduction to School Food Initiative (15 minutes)

- a. SFI envisions children making healthy and nutritious choices throughout their lives.
- b. Why do school meals matter? *1/3 of children born after the year 2000, will live shorter lives than their parents due to preventable, diet-related illness*
- c. School is a place of learning; *We teach children how to eat for the rest of their lives through the meals we serve them during the school day*

2. Food Safety (70 minutes)

- a. Starts with good personal hygiene
- b. Cleaning & Sanitizing: Kitchen prep/classroom eating areas
- c. Hazards: Chemical; Biological; Physical
- d. Time & Temperature abuses; Calibrating Activity
- e. Proper training/communication/documentation

3. Food Systems (20 minutes)

- a. Know where your food comes from (PG 58 TRAINING GB)
- b. Make best choices/purchases with resources available (PG 59 TRAINING GB)

4. Knife Safety & Skills (30 minutes)

- a. Safety First; zoning, handling, best when sharp; cleaning
- b. Parts of the knife; best part for the job
- c. Station set up; slip mat, compost, sani buckets
- d. Using knives with children

5. Environmental Practices (15 minutes +10 minutes)

- a. Local
- b. Durables

c. Waste Stream Exercise (Power Point Presentation)

6. Balanced Nutrition/Wellness for Engaged Learners (30 minutes)

- a. 5 components: My Plate
- b. Hand washing for better wellness
- c. Proper portion sizes; serving tools (PG 36-37 TRAINING GB)
- d. Reading Labels (PG 47 IMAGE ONLY TRAINING GB)
- e. Sugar Math (PG 44 & 46 TRAINING GB)
- f. Indoor and outdoor dining
- g. School Garden-to-Table

7. Flavor Profile (20 minutes)

- a. Flavors for a Lifetime; Sugar, Fat & Salt
- b. Fresh is Best; canned/packaged vs. fresh
- c. You don't have to cook; foods that are ready to eat (Recipe introduction)

Schedule of Events

8:00 -9:00	Registration & “Brain Break” Refreshments <i>Menu: Monkey Bites, Whole Fruits, Frittata, Smoothies Coffe, Spa Water</i>
9:00–9:45 (45)	Welcome & Introduction to PFI by Eric & Teresa (TBD)
9:45–10:00 (15)	Introduction to School Food Initiative
10:00-10:10 (10)	BREAK
10:10-10:50 (40)	Food Safety I
* 10:30-10:45	<i>Melissa Arrives</i>
10:50-11:00 (10)	BREAK
11:00-11:30 (30)	Food Safety II
* 10:30	<i>Kitchen Assistant Arrives</i>
11:30-11:45 (20)	Food Systems
11:45-12:15 (30)	Knife Safety & Skills
12:15-1:00 (45)	Lunch/Networking with other Professionals <i>Menu: Roasted Chicken, Roasted Potatoes, Fresh Fruits, Garden Salad with Ranch Dressing, Veggie & Cheese Platter</i>
1:00-1:25 (15+10)	Environmental Practices
1:25-1:55 (30)	Balanced Nutrition/Wellness for Engaged Learners (needs more time)
1:55-2:15 (20)	Flavor Profile <i>Tastings: Nuggets, Fries, Canned Fruit and Vegetables</i>
2:15-2:25 (10)	BREAK
*2:30	<i>Kitchen Assistant Dismissed</i>
2:25-3:05 (40)	Snack Stations (Vegetable trees, Garden Pizzas, Lettuce Tacos)
3:05-3:30 (25)	Review of Concepts
3:30	Dismissal