

Culinary Skills for Healthy Meals

Thursday, June 18, 2020 Location: New Bo/Kirkwood Culinary, Cedar Rapids

Tuesday, August 11, 2020 Location: Iowa Culinary Institute, DMACC Campus, Ankeny



Training Time: 9:00 – 3:00 Check-in starts at 8:30 am

Who Should Attend: Production Kitchen Staff

Cost: \$50

Description: An introductory culinary skills training specifically for school nutrition. Led by Brenda Windmuller, Chef and Consultant with the Bureau of Nutrition. Participants will observe and practice basic culinary skills with an opportunity to prepare a nutritious and appealing meal meeting meal pattern requirements. Note: Space limited to 12. Registration deadline is two weeks prior to each class.

Learning Objectives:

- Understand the five step process for preparing quality meals.
 - Demonstrate proper knife skills.
 - Understand the importance of using standardized recipes.
 - Discuss how to apply mis-en-place for preparing recipes and discuss safe food handling practices when preparing food.
 - Discuss whole grain requirements and learn how to season food with less salt.
 - Identify the 5 required meal pattern components.
- Learn how to creatively incorporate the 5 vegetable sub-groups into menus.

What to Bring: Hair net or hat, kitchen safe shoes

Professional Standards Key Areas: Nutrition, Operations 6 hours

Minimum Class Size: 10 **Maximum Class Size:** 12