Choosing Alternatives to Deep-Fat Frying

CACFP iTrain
Simple Lesson Plan

EXECUTIVE DIRECTOR
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Intended Audience: CACFP personnel and other child care staff
Description: This lesson explains the meaning of deep-fat frying and alternative cooking methods.
## Lesson-at-a-Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Activity</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Introduction</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 minutes</td>
<td>Introduction and Overview</td>
<td></td>
<td>PowerPoint Presentation, Computer, Projector (if available), Pens or Pencils</td>
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<tr>
<td><strong>Objective:</strong> Define the meaning of deep-fat frying.</td>
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<tr>
<td>15 minutes</td>
<td>Deep-Fat Frying</td>
<td>Is It Reimbursable?</td>
<td>Worksheet: Is It Reimbursable?</td>
</tr>
<tr>
<td><strong>Objective:</strong> Identify at least two alternative cooking methods to deep-fat frying.</td>
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<tr>
<td>10 minutes</td>
<td>Alternative Cooking Methods to Deep-Fat Frying</td>
<td>Case Study: Deep-Fat Frying</td>
<td>Case Study: Deep-Fat Frying</td>
</tr>
<tr>
<td><strong>Conclusion</strong></td>
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Total Time: 40 minutes
Preparation Checklist

Instructions: Use the Preparation Checklist to prepare for the training session. Keep track of your progress by checking off tasks as they are completed.

<table>
<thead>
<tr>
<th>Done</th>
<th>Lesson Tasks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<tr>
<td></td>
<td><strong>Gather Materials</strong></td>
</tr>
</tbody>
</table>

- □  Training Script
- □  Computer and Projector Screen
- □  Worksheets and Handouts:
  - □  Is It Reimbursable? worksheet
  - □  Is It Reimbursable? Answer Key
  - □  Case Study: Deep-Fat Frying Scenario
- □  Pens or pencils (one per participant)
- □  Optional: Training Certificate/Evaluation/Feedback Form (one per participant)

<table>
<thead>
<tr>
<th></th>
<th><strong>Prepare for Lesson</strong></th>
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<tbody>
<tr>
<td></td>
<td><strong>Before the training day:</strong></td>
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</table>

- □  Review the training script and research any relevant State or local requirements.
  - □  The content reflects the Federal regulations and/or national best practices or standards. However, it's essential to include any additional State or local requirements when presenting this training.
- □  Make enough copies of the handouts for each participant.
- □  Test the PowerPoint on the computer and projector screen.
- □  Optional: Develop and print a session certificate/evaluation/feedback form (one per participant).

|      | **On the training day:** |

- □  Place pens or pencils on tables (one per participant).
- □  Distribute materials to each participant.

|      | **On the instructor's table:** |

- □  Training Script
- □  Instructor's copy of handouts and/or worksheets
- □  Optional: Session Evaluation/Feedback Forms
Choosing Alternatives to Deep-Fat Frying

Training Script

Instructor’s Note: Each section below has an accompanying slide(s). Review and share the content for each PowerPoint slide.

Introduction

Welcome!

Complete the following tasks:
- Distribute handouts to the participants.
- Welcome the participants to the training.
- Introduce yourself to the participants. Allow the participants to introduce themselves by sharing their name and one thing they would like to get from this training.

Deep-Fat Frying

Ask posing question: What are the dangers of eating too many fried foods?

Share core content: Consuming too many fried foods can lead to chronic illnesses, such as heart disease, obesity, diabetes, and stroke. Because of these risks and the need to provide nutritious meals, deep-fat frying on-site is no longer allowed in the Child and Adult Care Food Program (CACFP) meal patterns. However, there are healthier cooking methods that can be used instead.

Overview

Share core content: In today’s training, you will discover what it means to:
- Deep-fat fry and review healthier cooking methods.
- Recall methods for preparing healthier meals and snacks for the children in the child care setting.

Objective: Define the meaning of deep-fat frying.

Deep-Fat Frying: What Does It Mean?

Share core content: Deep-fat frying means cooking foods by submerging (covering) them in hot oil or other fats—for example, using a deep fryer to prepare popular foods like chicken nuggets and French fries.

Deep-fat frying is not allowed on-site in the CACFP because of the dangers of a diet high in fried foods.

On-Site Settings

Share core content: Deep-fat frying is not allowed on-site in the CACFP. On-site means prepared at a child care center, family child care home, or central, satellite kitchen. Any meals or snacks featuring deep-fat fried foods that are prepared on-site are not reimbursable.

You may still purchase and serve foods that are pre-fried, flash-fried, or par-fried by the manufacturer, such as fried fish sticks or potato wedges. However, you must reheat these foods using a method other than deep-fat frying.
Activity: Case Study: Deep-Fat Frying Scenario
Time: 5 minutes

**Purpose:** This activity aims to understand what it means to deep-fat fry foods in the CACFP.

**Materials Needed:** Case Study

**Instructions:** Divide the class into 4–6 groups. Review a case study that describes a situation that may take place in a child care setting. Display and read the case study to the participants. After reading it, allow the participants to answer the question with the individuals in their group.

**Ask posing question:** What alternative cooking methods could Erica have used to prepare the plantains?

**Conclusion**

**Share core content:** This training covered what it means to deep-fat fry foods and explored alternative cooking methods such as sautéing, grilling, and baking. It is important to know how foods should be prepared in the CACFP to help you serve healthy meals on-site.

**Ask posing question:** What questions do you have?

Activity: Speed Action Planning
Time: 5 minutes

**Purpose:** The purpose of this activity is to establish future steps for applying the information in their workplace.

**Materials Needed:** Speed Action Planning worksheet, Planner or Cell Phone Calendar App, and Pencil/Pen

**Instructions:** Distribute the Speed Action Worksheet. Inform participants that it is important to develop a plan for using the training's information. Ask them to take 1–2 minutes to answer the following three questions to establish an action plan.

- What did you learn in this training?
- How will you apply this information in your current or future role?
- When will you apply this information?

Once the participants have finished, encourage them to save this goal to a planner, calendar app, or other sources to ensure they follow through with their plan. Following this activity, dismiss the participants from the training.

**Thank You!**

Complete the following tasks:

- Conclude the training.
- Refer participants to the Institute of Child Nutrition for additional information at helpdesk@theicn.org or 800-321-3054.
- Distribute any certificates or evaluations.

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### Activity: Is It Reimbursable?

<table>
<thead>
<tr>
<th>Foods</th>
<th>Reimbursable?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Packaged par-fried or flash-fried foods purchased from a grocery store (such as par-fried frozen potatoes)</td>
<td></td>
</tr>
<tr>
<td>Deep-fat fried food from a restaurant or vendor</td>
<td></td>
</tr>
<tr>
<td>Pan-fried foods prepared at the child care center or family child care home</td>
<td></td>
</tr>
<tr>
<td>Deep-fat fried foods prepared at a child care center's central kitchen</td>
<td></td>
</tr>
<tr>
<td>Stir-fried or sautéed foods prepared at the child care center or family child care home</td>
<td></td>
</tr>
</tbody>
</table>
### Activity: Is It Reimbursable?  
**Answer Key**

<table>
<thead>
<tr>
<th>Foods</th>
<th>Reimbursable?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Packaged par-fried or flash-fried foods purchased from a grocery store (such as par-fried frozen potatoes)</td>
<td>Yes, if heated on-site by baking, microwaving, or another method that is not deep-fat frying. Compare foods and choose those lower in saturated fats.</td>
</tr>
<tr>
<td>Deep-fat fried food from a restaurant or vendor</td>
<td>Yes, if reheated on-site by baking, microwaving, or another method that is not deep-fat frying. Try to switch to healthier options.</td>
</tr>
<tr>
<td>Pan-fried foods prepared at the child care center or family child care home</td>
<td>Yes, the food is not covered with oil when pan-frying.</td>
</tr>
<tr>
<td>Deep-fat fried foods prepared at a child care center's central kitchen</td>
<td>No</td>
</tr>
<tr>
<td>Stir-fried or sautéed foods prepared at the child care center or family child care home</td>
<td>Yes, the food is not covered with oil when stir-frying or sautéing.</td>
</tr>
</tbody>
</table>

### Case Study: Deep-Fat Frying Scenario

**Instructions:** Allow participants to read the case study. Then, ask if anyone would share their answer with the large group. After responses, share the correct answer with the group.

Erica, the cook in a child care center, purchases frozen, pre-fried chicken strips. She also purchases plantains and sweet potatoes to make homemade fries. Erica reheats the chicken strips in the oven, cooks the sweet potatoes in an air fryer that does not use oil, and pan-fries the plantains submerged in oil. Based on the cooking methods she chose, would the chicken strips, sweet potatoes, and plantains be allowed as part of a reimbursable meal?

**Feedback:** The chicken strips would be allowed because they were pre-fried off-site, frozen, and reheated using an alternative cooking method. The sweet potatoes would be allowed because they were cooked using an alternative cooking method and not submerged in hot oil or fat. The plantains were pan-fried, which is an alternative cooking method, but they were submerged (covered) in hot oil or fat. Therefore, they would not be allowed because there were deep-fat fried.
Speed Action Planning

Instructions: Today’s training featured key information on what is deep-fat frying and alternative cooking methods to deep-fat frying. Answer the following three questions to establish a plan for using the information.

1. What did you learn in this training?

2. How will you apply this information in your current or future roles?

3. When will you apply this information (e.g., one week, one month, six months, etc.)?