



CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

KNIFE SKILLS: HOW TO CORE AND
QUARTER APPLES



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The University of Mississippi, School of Applied Sciences
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Key Area: 2 – Operations

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Food Production – 2100

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TRAINING OVERVIEW

The Culinary Quick Bites training series is a tool to help child nutrition professionals develop and refine their culinary skills. Each lesson is designed to last approximately fifteen minutes. Each lesson should be facilitated (led) by the person responsible for overseeing food production at a meal site, service area, or the district level.

Training facilitators should review the training, in its entirety, prior to conducting the training.

This training has been developed to address a variety of learning styles. The training includes an overview of the topic presented by the facilitator, an infographic to reinforce the training topic visually, a video to demonstrate the topic, and an activity to reinforce learning.

Please contact the Institute of Child Nutrition Help Desk at 1-800-321-3054 or helpdesk@theicn.org if you have any questions about how best to facilitate this training.

KEY AREA

Key Area: 2 – Operations

PROFESSIONAL STANDARDS

FOOD PRODUCTION – 2100

Employee will be able to effectively utilize food preparation principles, production records, kitchen equipment, and food crediting to prepare foods from standardized recipes, including those for special diets.

2130 – Develop culinary skills necessary for school meal preparation.

FACILITATOR'S NOTES

This training counts for 15 minutes of training credit under USDA Professional Standards learning objective 2130 – Develop culinary skills necessary for school meal preparation.

The activity at the end of the lesson involves coring and quartering apples. This activity helps reinforce knowledge and skills learned during this lesson. The apples prepared during this lesson may be included in the next day's menu production.

Before the training, prepare for the lesson activity and set up the kitchen workstation as described on page 11.

Deliver the lesson/training to participants:

- Read the lesson overview to the participants.
- Discuss the infographic and how it relates to the training topic.
- View the instruction video with participants.
- Answer any questions participants may have on the lesson, infographic, and video.

Complete the activity as instructed on page 11.

MATERIALS NEEDED



- Anti-slip mat – 1 per person
- Cutting board – 1 per person
- Chef knife – 1 per person
- Washed apple – at least 1 per person
- Waste pan – as needed
- Food pan – as needed
- Infographic: How to Core and Quarter Apples – 1 per person
- Access to a screen to show the training video. Possible options include:
 - Site computer monitor with sound
 - Projector with sound
 - Tablets and smartphones

A QR code has been provided for quick access to the video on handheld devices.



LESSON OVERVIEW

OBJECTIVE:

At the end of this lesson, participants will be able to demonstrate how to core and quarter apples.

BACKGROUND INFORMATION ON APPLES

- Apples originated in Central Asia and have been grown for thousands of years in Asia and Europe. They were originally brought to North America by European colonists.
- There are many apple varieties of various shapes, colors, and sizes, including those specifically for cooking, eating raw, and cider production.
- Tart, mildly sweet apples with firm, crisp flesh that doesn't become mushy at high temperatures are best for baking: Jonagold, Granny Smith, Honeycrisp, Melrose, Cortland, Braeburn.
- Juicy and sweet flavors are often chosen for eating as whole or cut-up fruit: Gala, Red and Golden Delicious, Fuji, McIntosh.
- Apples have several health benefits as they are packed with nutrients, including dietary fiber, vitamin C, and potassium. Many of the nutrients and fiber are found in the skin.
- When cut apples start to oxidize (meaning that they turn brown after you cut them), they can turn brown. However, there are many ways to prevent them from turning brown. One way is to place them in a container of water with salt. The ratio is 1/2 tsp of salt per gallon of water. Before you portion or bag the sliced apples, rinse them under cold, running water.

USES

- Usually eaten raw, apples can also be used in various recipes, juices, and drinks.

HOW TO CORE AND QUARTER APPLES

- Utilizing the infographic, review the process for coring and quartering apples.
- Review the embedded training video.

After we review the infographic and video, there will be an activity to reinforce skills learned.

Culinary Quick Bites KNIFE SKILLS

HOW TO CORE AND QUARTER APPLES



1

Using a tunnel grip, cut the apple in half from top to bottom through the core.



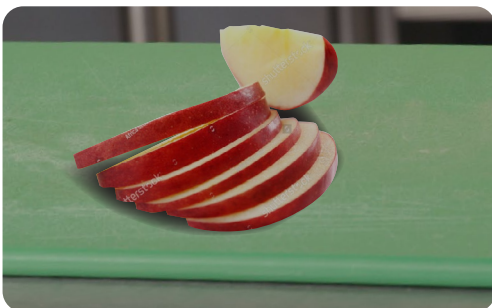
2

Lay each half cut-side-down on the cutting board. Cut in half lengthwise



3

Cut at a 45-degree angle to remove the core from each quarter apple.



4

If desired, depending on the age of your students, you may want to slice the quarters into thin slices.



CULINARY QUICK BITES

Knife Skills: How to Core and Quarter Apples

[WATCH THE VIDEO](#)

<https://vimeo.com/695263964/d191bde7cf>

QR CODE

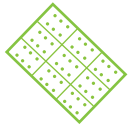
Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.



ACTIVITY

SETUP

MATERIALS:



Anti-slip mat
– 1 per person



Washed apple
– at least 1 per person



Infographic:
How to Core and
Quarter Apples
– 1 per person



Cutting board
– 1 per person



Waste pan
– as needed



Chef knife
– 1 per person



Food pan
– as needed

NOTE: If your site does not have enough materials for all participants to complete the activity simultaneously, divide participants into groups based on your materials. Allow enough time for each participant to complete the activity.

SETUP INSTRUCTIONS FOR FACILITATOR

- 1** Prior to the training, gather all of the materials needed for the activity. Pre-wash the apples that will be used for the training. Set up a workstation for each participant with an anti-slip mat, cutting board, chef knife, and an apple.
- 2** During the activity, remember to monitor and observe staff as they practice their culinary skills.

ACTIVITY

ACTIVITY INSTRUCTIONS FOR PARTICIPANTS

- 1** Refer the participants to the infographic. Then read the instructions for the activity. Ask the participants if there are any questions before beginning the activity.
- 2** Instruct all participants to wash their hands and put on single-use gloves before starting the activity.
- 3** Each participant will core and quarter an apple.
 - Instruct participants to take their time and practice their cuts carefully.
 - Discard waste.

POST ACTIVITY

- After completing the hands-on activity, recap the lesson with the participants. Offer an opportunity for participants to share their learning experience during the training and highlight any tips or takeaways they want to share with the group.
- If time allows, facilitate a discussion with the participants. Suggested discussion topics include:
 - Ask participants to discuss if students prefer cut or un-cut fruits on the menu.
 - Ask participants to give some thought as to which form or recipes the students would like to see apples incorporated on the menu.
- Ask if the participants feel more comfortable coring and quartering apples or want more time to develop the skill further if time allows.
- Plan the next training session based on the needs of your staff.



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