CULINARY QUICK BITES
KNIFE SKILLS: HOW TO CUT PINEAPPLE

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www.theicn.org

Key Area: 2 – Operations

USDA Professional Standards Code
Food Production – 2100

2023
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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.
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 peeling, coring, and cutting a pineapple. This activity helps reinforce knowledge and skills learned during this lesson. The pineapple 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 pineapple – at least 1 per person
• Waste pan – as needed
• Food pan – as needed
• Infographic: How to Cut Pineapple – 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.
OBJECTIVE:
At the end of this lesson, participants will be able to demonstrate how to cut pineapple.

BACKGROUND INFORMATION ON PINEAPPLES

- The pineapple is a tropical fruit.
- Native to South America, it was named for its resemblance to a pine cone.
- Pineapples are fat-free, cholesterol-free, very low in sodium, and a good source of dietary fiber.
- Pineapples have several health benefits as they are packed with nutrients, including vitamin C, thiamin, and manganese.

USES

- Pineapple can be eaten raw or added to a cooked dish.
- Pineapple is one of the most versatile fruits and is used in desserts, salads, savory dishes, and beverages.
- Pineapple has a distinctly bright and vibrant tropical fruit taste that is sweet and tart.
- Pineapple should be cut to the size and/or shape that is listed in the recipe.
- Pineapple can add a bright, tropical flavor to fruit salads or be served as a garnish on dishes like teriyaki chicken or tacos al pastor.

HOW TO CUT A PINEAPPLE

- Utilizing the infographic, review the process for cutting a pineapple.
- Review the embedded training video.

*After we review the infographic and video, there will be an activity to reinforce skills learned.*
INFOGRAPHIC: HOW TO CUT PINEAPPLE

Culinary Quick Bites
KNIFE SKILLS

HOW TO CUT PINEAPPLE

1. Remove the stem by twisting.
2. If the stem comes off with little effort and the fruit is very fragrant, the pineapple is ripe. If the stem is difficult to remove, the fruit is not yet ripe.
3. Lay the pineapple on its side and cut off both ends.
4. Stand the fruit on one of the cut ends to prevent it from rolling. Remove the skin by running the blade from top to bottom, following the natural curvature of the pineapple.
5. Cut from top to bottom down the middle of the fruit to create two halves.
6. Cut lengthwise down the middle of each half to create quarters.
7. Remove the core: lay one quarter on the cutting board like a wedge. Cut into the wedge at a 45-degree angle to slice out the tough inner core.
8. Repeat with the remaining quarters, discarding the cores. Slice quarters into desired sizes.
KNIFE SKILLS: How To Cut Pineapple

WATCH THE VIDEO
https://vimeo.com/695264082/b78f714d80

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.
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 pineapple that will be used for the training. Set up a workstation for each participant with an anti-slip mat, cutting board, chef knife, and pineapple.

2. During the activity, remember to monitor and observe staff as they practice their culinary skills.
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 cut a pineapple into ½ inch pieces.
   - Instruct participants to take their time and practice their cuts carefully.
   - Discard waste.
• 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 for suggestions to incorporate more fresh pineapple in the menu.

• Ask if the participants feel more comfortable peeling and cutting a pineapple or want more time to develop the skill further if time allows.

• Plan the next training session based on the needs of your staff.