



CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

KNIFE SKILLS: HOW TO CUT SEEDED MELONS



CULINARY QUICK BITES

KNIFE SKILLS: HOW TO CUT SEEDED MELONS

EXECUTIVE DIRECTOR
Aleshia Hall-Campbell, PhD, MPH

Institute of Child Nutrition
The University of Mississippi, School of Applied Sciences
www.theicn.org

Key Area: 2 – Operations

USDA Professional Standards Code
Food Production – 2100

2023

DISCLAIMER

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The content of this publication does not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint> and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

The USDA is an equal opportunity provider, employer, and lender.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

Suggested Reference Citation:

Institute of Child Nutrition. (2023). *Culinary quick bites knife skills: How to cut seeded melons*. University, MS: Author.

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The university cannot, therefore, grant permission to use these images. Please contact helpdesk@theicn.org for more information.



TABLE OF CONTENTS

3 DISCLAIMER

4 TABLE OF CONTENTS

5 TRAINING OVERVIEW

5 KEY AREA

5 PROFESSIONAL STANDARDS

6 FACILITATOR'S NOTES

7 MATERIALS NEEDED

8 LESSON OVERVIEW

9 INFOGRAPHIC: HOW TO CUT A SEEDED MELON

10 TRAINING VIDEO

10 QR CODE

11 ACTIVITY

13 POST ACTIVITY

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 cutting a seeded melon. This activity helps reinforce knowledge and skills learned during this lesson. The melon 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
- Spoon – 1 per person
- Washed melon – at least 1 per person
- Waste pan – as needed
- Food pan – as needed
- Infographic: How to Cut A Seeded Melon – 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 cut seeded melons.

BACKGROUND INFORMATION ON SEEDED MELONS

- Melons originate from Africa and the southwestern parts of Asia.
- Their closest relatives are squashes and cucumbers.
- Melons grow on the ground, so be sure to clean them thoroughly before cutting.
- Remove all of the outer skin and any white or light green parts.
- Melons are fat-free, cholesterol-free, very low in sodium, and a good source of dietary fiber.
- Melons have several health benefits as they are packed with nutrients, including vitamin A, vitamin C, potassium, and manganese.

USES

- There are numerous varieties of melons that differ in size, color, and sweetness.
- Melons are usually consumed raw.
- They can be served as a part of fruit salads, refreshing juices, or on salad bars.

HOW TO CUT SEEDED MELONS

- Utilizing the infographic, review the process for cutting seeded melons.
- 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

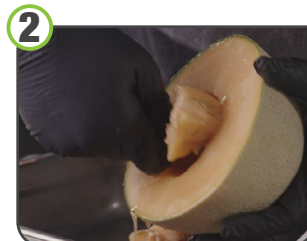
HOW TO CUT A SEEDED MELON

Remove Seeds

Cut the melon in half.



Place the melon halves so the cut sides are facing upward. Use a spoon to scrape out the seeds from the center of each half. Take care to remove as little fruit with the seeds as possible because that's where you'll find the juiciest and sweetest flesh.



Remove Rind

Remove each end of the melon.



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 in motion that follows the natural curvature of the melon.



Slice

Place melon halves cut-side down on cutting board.



Cut each half into even slices of the desired width.



Cube

Cut each half into 1-inch thick slices.



Stack two slices together and then cut across the slices to make 1-inch cubes.





CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

Knife Skills: How to Cut Seeded Melons

[WATCH THE VIDEO](#)

<https://vimeo.com/695264101/21b163618c>

QR CODE

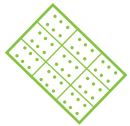
Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.



ACTIVITY

SETUP

MATERIALS:



Anti-slip mat
– 1 per person



Washed melon
– at least 1 per person



Food pan
– as needed



Cutting board
– 1 per person



Waste pan
– as needed



Infographic: How
to Cut a Seeded
Melon – 1 per
person



Chef knife
– 1 per person



Spoon
– at least 1 per person

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 melons that will be used for the training. Set up a workstation for each participant with an anti-slip mat, cutting board, chef knife, spoon, and melon.
- 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 cut a seeded melon. Using one-half of the melon, participants will slice the melon. Using the other half of the melon, participants will cube the melon.
 - 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 the types of seeded melons their students enjoy most.
 - Ask participants the type of cut that will work best at their site.
- Ask if the participants feel more comfortable seeding and cutting a melon or want more time to develop the skill further if time allows.
- Plan the next training session based on the needs of your staff.



The University of Mississippi

School of Applied Sciences

800-321-3054

www.theicn.org