



CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

KNIFE SKILLS: HOW TO CUT BELL PEPPERS



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KNIFE SKILLS: HOW TO CUT BELL PEPPERS

EXECUTIVE DIRECTOR
Aleshia Hall-Campbell, PhD, MPH

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

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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 slicing, dicing, and cutting bell peppers. This activity helps reinforce knowledge and skills learned during this lesson. The bell peppers 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 bell pepper – at least 1 per person
- Waste pan – as needed
- Food pan – as needed
- Infographic: How to Cut Bell Peppers – 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 bell peppers.

BACKGROUND INFORMATION ON BELL PEPPERS

- Bell peppers are fruits that belong to the nightshade family and are native to Central and South America. However, even though the botanical classification of bell peppers is fruit, bell peppers credit as vegetables in Child Nutrition Programs.
- Sweet green bell-shaped peppers are the most popular garden variety of peppers.
- Left to ripen, they turn red, purple, orange, or yellow and gain various levels of sweetness depending on the variety.
- Although the paler green and yellow varieties have more flavor, all sweet peppers are similar in flavor and texture.
- They are crisp, refreshingly raw, and pleasantly firm when cooked to tenderness.
- Bell peppers have several health benefits as they are fat-free, cholesterol-free, low in sodium, low in calories, and high in vitamins C, E, and K, as well as folate and potassium.

USES

- Bell peppers are a great way to add color and texture to any dish.
- Bell peppers are great to add to wraps and sandwiches for some extra veggies
- Stuffed bell peppers are an excellent one-dish meal.
- Enjoy raw sliced peppers with dips or hummus.

HOW TO CUT BELL PEPPERS

- Utilizing the infographic, review the process for how to cut bell peppers.
- Review the embedded training video.

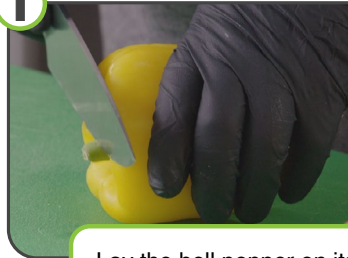
After we review the infographic and video, there will be an activity to reinforce skills learned.

Culinary Quick Bites KNIFE SKILLS

HOW TO CUT BELL PEPPERS

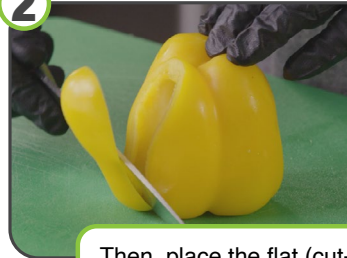
Julienne (Thin-Sliced)

1



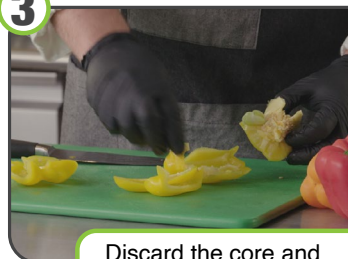
Lay the bell pepper on its side on a cutting board. Use a knife to slice off the top (stem-end) of the bell pepper.

2



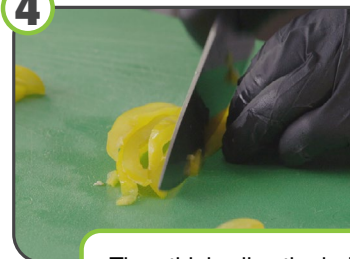
Then, place the flat (cut-side) end of the bell pepper flat on the cutting board, and make four downward cuts, separating the pepper flesh from the white inner core.

3



Discard the core and remove any remaining white core slivers.

4



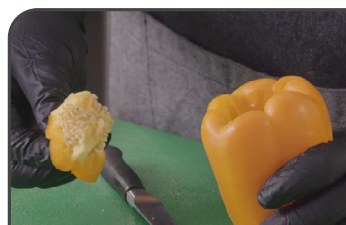
Then thinly slice the bell pepper into long strips.

Diced

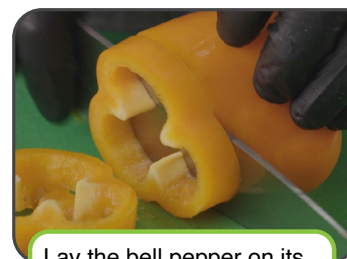


After cutting the bell pepper into julienne, make evenly-spaced cuts across the julienne to produce dice.

Rings (Rounds)



After slicing off the stem end (as shown in Fig. 1), run the knife around the inside of the flesh to cut away and discard the core.



Lay the bell pepper on its side and thinly slice it into rings.

CULINARY QUICK BITES

Knife Skills: How to Cut Bell Peppers

[WATCH THE VIDEO](#)

<https://vimeo.com/695264003/8eff6f4e71>

QR CODE

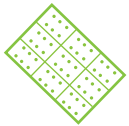
Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.



ACTIVITY

SETUP

MATERIALS:



Anti-slip mat
– 1 per person



Washed bell pepper – at
least 1 per person



Food pan
– as needed



Cutting board
– 1 per person



Waste pan
– as needed



Infographic:
How to Cut Bell
Peppers– 1 per
person



Chef Knife
– 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 bell peppers that will be used for the training. Set up a workstation for each participant with an anti-slip mat, cutting board, chef knife, and bell pepper.
- 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 thinly slice, dice, and cut into rings a bell pepper.
 - 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 recall current menu items with bell peppers.
 - Ask participants to recommend new menu items that utilize bell peppers.
 - Ask participants to give some thought to the diversity of their student population, which recipes that include peppers do they think the students would like to see?
- Ask if the participants feel more comfortable with cutting bell peppers 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

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