



CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

BASIC FOOD PREP SKILLS: HOW TO USE A
FOOD PROCESSOR TO SLICE FOOD ITEMS



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BASIC FOOD PREP SKILLS: HOW TO USE A FOOD PROCESSOR TO SLICE FOOD ITEMS

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The University of Mississippi, School of Applied Sciences
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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 at 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 this lesson involves slicing carrots. This activity helps reinforce knowledge and skills learned during this lesson. The carrots 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



- Food processor(s) – 1 per person or as available
- Anti-slip mat – 1 per person
- Cutting board – 1 per person
- Chef knife – 1 per person
- Carrots – 1 per person
- Waste pan – as needed
- Food pan – as needed
- Infographic: How to Use a Food Processor to Slice Food Items – 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 use a food processor to slice food items.

GENERAL INFORMATION ABOUT HOW TO USE A FOOD PROCESSOR TO SLICE FOOD ITEMS

- Proper food processing equipment is important for creating kitchen efficiencies in the preparation of fresh produce.
- Using tools and equipment to expedite your work reduces the overall stress on your body, makes for more precise cuts, and yields less waste.
- Using processing equipment when doing high volume meal preparation can often be worth the investment, allowing it to pay for itself over time in labor costs and efficiencies.
- Sound knife skills are an important skill set for kitchen workers. Equally important is to understand how to use vegetable processing equipment to help simplify your work and increase your productivity.
- You can save meal preparation time by using food processing equipment. For example, a commercial countertop food processor can cut more than 500 pounds of food per hour. Large equipment with higher capacity is also available.
- Use the food processor and the slicing attachment to slice vegetables into a variety of thicknesses. You can use any firm to semi-firm vegetable such as carrots, potatoes, zucchini, apples, cauliflower, broccoli, cucumbers, radishes, etc.
- The slicing attachment allows you to adjust the thickness of the cut, depending on the brand of food processor you are using. Follow any brand-specific instructions and refer to the user's manual.
- Adhering to the safety guidelines provided with your food processor is paramount to ensure efficient and effective operation and to safeguard you from potential risks and hazards associated with its use.

HOW TO USE A FOOD PROCESSOR TO SLICE ITEMS

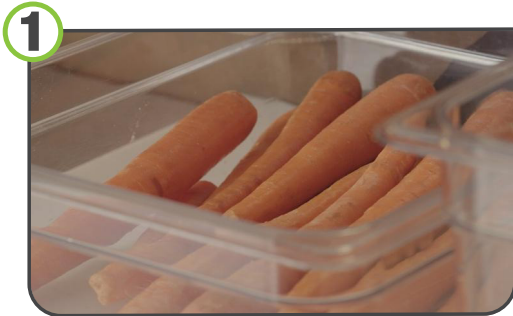
- Utilizing the infographic, review the process for how to use a food processor to slice items.
- Review the embedded training video.

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

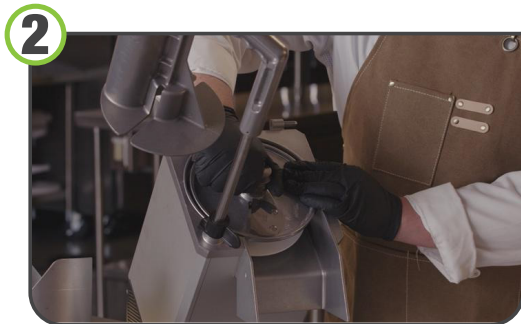
Culinary Quick Bites

BASIC FOOD PREPARATION SKILLS

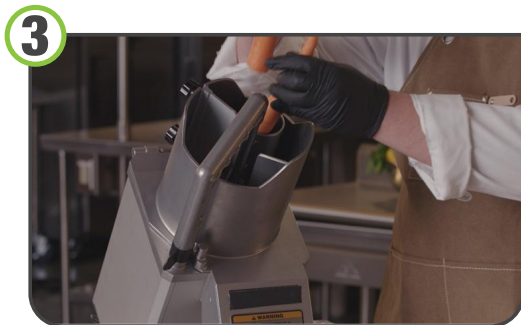
HOW TO USE A FOOD PROCESSOR TO SLICE FOOD ITEMS



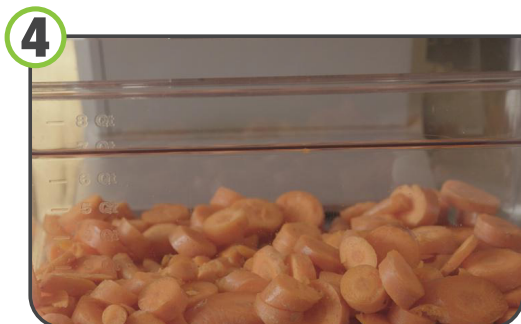
Prepare food items before placing into the processor. For example, trim the ends off carrots.



Choose the appropriate blade to obtain the necessary thickness of slices, and secure it into the machine.



Carefully insert the food items one at a time into the opening that feeds into the slicing blade, using medium pressure.



Continue until you obtain the necessary amount of sliced product.

CULINARY QUICK BITES

How to Use a Food Processor to Slice Food Items

[WATCH THE VIDEO](#)

<https://vimeo.com/854352499/a2758f5be8>

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:



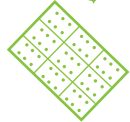
Food processor(s)
– 1 per person or as available



Chef knife
– 1 per person



Food pan
– as needed



Anti-slip mat
– 1 per person



Carrots
– 1 per person



Infographic: How to Use a Food Processor to Slice Food Items
– 1 per person



Cutting board
– 1 per person



Waste 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 carrots that will be used for the training. Set up a workstation for each participant with an anti-slip mat, cutting board, chef knife, and a carrot.
- 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** If participants need to share the food processor, they will take turns using it to slice carrots.
 - Instruct participants to take their time and practice their culinary skills carefully.
 - Save sliced carrots for use in the menu.
 - 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 menu items that would benefit from using a food processor to slice food items.
 - Ask participants to describe how they can use a food processor in their daily activities.
- Ask if the participants feel more comfortable with using a food processor to slice food items 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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