



CULINARY  
INSTITUTE OF  
CHILD NUTRITION

# CULINARY QUICK BITES

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



# **CULINARY QUICK BITES**

## **BASIC FOOD PREP SKILLS: HOW TO USE A FOOD PROCESSOR TO CHOP FOOD ITEMS**

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Key Area: 2 – Operations

**USDA Professional Standards Code**  
Food Production – 2100

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# 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 USE A FOOD PROCESSOR TO CHOP FOOD ITEMS

**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 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](mailto: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 chopping onions. This activity helps reinforce knowledge and skills learned during this lesson. The chopped onion 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
- Washed onion – 1 per person
- Waste pan – as needed
- Food pan – as needed
- Infographic: How to Use a Food Processor to Chop 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 chop food items.

## GENERAL INFORMATION ABOUT HOW TO USE A FOOD PROCESSOR TO CHOP 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 physical 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 understanding how to use vegetable processing equipment to 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 500 plus pounds of food per hour. Large equipment with higher capacity is also available.
- Use the appropriate food processor attachment to chop any firm fruits and vegetables such as carrots, potatoes, zucchini, apples, cauliflower, broccoli, cucumbers, radishes, onions, etc.
- Depending on the brand of food processor you're using, some have multiple cutting blades of different dimensions between blades. The selected blade, along with how many times the pulse button is tapped, will produce the desired cut size. Refer to the user's manual and follow any brand-specific instructions.
- 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 CHOP ITEMS

- Utilizing the infographic, review the process for how to use a food processor to chop 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

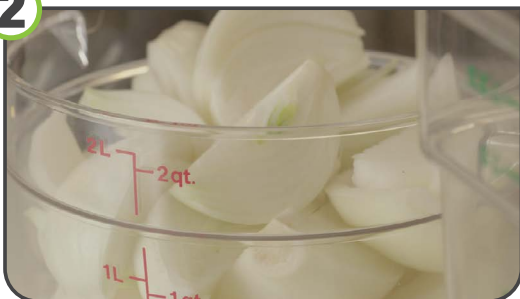
## HOW TO USE A FOOD PROCESSOR TO CHOP FOOD ITEMS

1



Choose the appropriate blade for chopping, and secure it into the food processor bowl.

2



Cut large items into smaller sections before chopping. For example, cut onions into quarters. Place the items to be chopped into the food processor bowl, but be careful not to overfill it.

3



Secure the lid. Use the “pulse” feature until all the food pieces have been chopped to the appropriate size.

4



Remove the blade and then transfer the chopped ingredient into another container. Continue to chop the items in batches until you obtain the necessary amount.



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## How to Use a Food Processor to Chop Food Items

[WATCH THE VIDEO](#)

<https://vimeo.com/854357260/178d031e7d>

### 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:



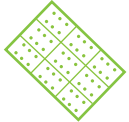
Food processor(s)  
– 1 per person or as available



Chef knife  
– 1 per person



Food pan  
– as needed



Anti-slip mat  
– 1 per person



Washed onion  
– 1 per person



Infographic: How to Use a Food Processor to Chop 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. Prepare the onions that will be used for the training. Set up a workstation for each participant with an anti-slip mat, cutting board, chef knife, and washed onion.
- 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 and the recipe. 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 chop an onion.
  - Instruct participants to take their time and practice their culinary skills carefully.
  - Save chopped onions 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 chop 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 chop 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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