



CULINARY  
INSTITUTE OF  
CHILD NUTRITION

# CULINARY QUICK BITES

BASIC FOOD PREP SKILLS: HOW TO USE  
A FOOD PROCESSOR TO SHRED/GRATE  
FOOD ITEMS



# **CULINARY QUICK BITES**

## **BASIC FOOD PREP SKILLS: HOW TO USE A FOOD PROCESSOR TO SHRED/GRATE FOOD ITEMS**

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Key Area: 2 – Operations

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

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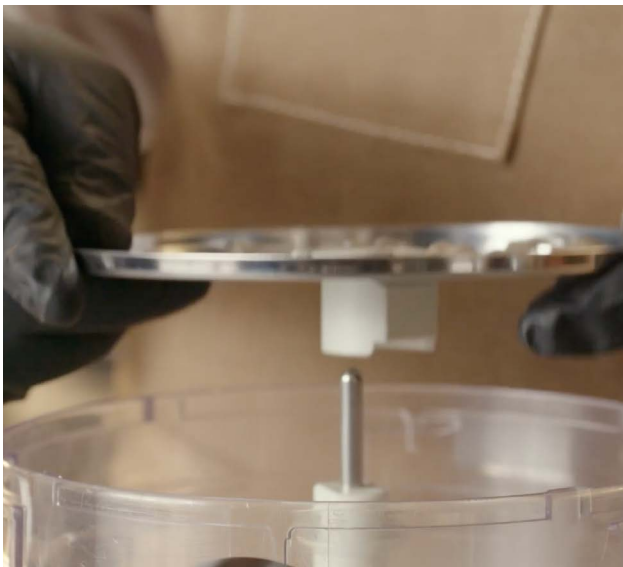
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# TRAINING OVERVIEW

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](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 shredding cabbage. This activity helps reinforce knowledge and skills learned during this lesson. The cabbage 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 12.

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 12.

## 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
- Head of cabbage – 1 per person
- Waste pan – as needed
- Food pan – as needed
- Infographic: How to Use a Food Processor to Shred and Grate 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 shred/grate food items.

## GENERAL INFORMATION ABOUT HOW TO USE A FOOD PROCESSOR TO SHRED/GRATE 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 more than 500 pounds of food per hour. Large equipment with higher capacity is also available.
- Use the food processor and the shredding attachment to thinly shred/grate any firm fruits and vegetables such as carrots, potatoes, zucchini, apples, cauliflower, broccoli, cucumbers, radishes, etc.
- The shred/grate attachment allows you to adjust the thickness of the cut, depending on the brand of food processor you are using. 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 SHRED/GRATE FOOD ITEMS

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

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



# INFOGRAPHIC: HOW TO USE A FOOD PROCESSOR TO SHRED AND GRATE FOOD ITEMS

## Culinary Quick Bites

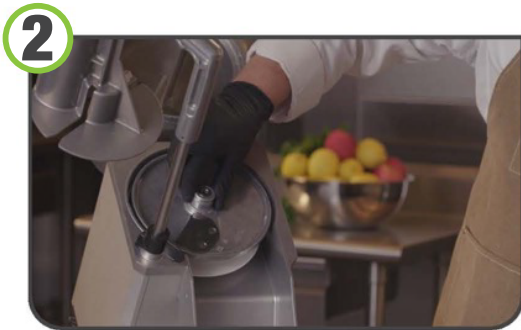
BASIC FOOD PREPARATION SKILLS

## HOW TO USE A FOOD PROCESSOR TO SHRED/GRATE FOOD ITEMS

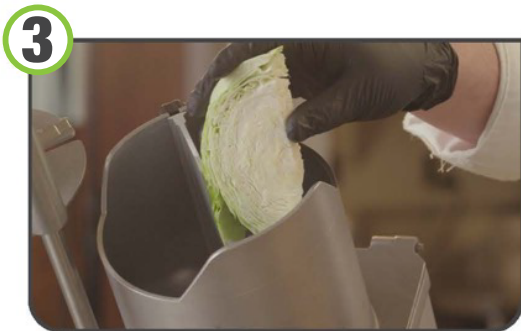
### Commercial Food Processor



Prepare food items before placing into the processor. For example, cabbage will need to be cut into smaller pieces to fit into the food processor.



When using a commercial food processor, choose the appropriate-sized shredding or slicing blade to obtain the necessary thickness of the final product, and secure it into the machine.



Carefully insert the food items one at a time into the opening that feeds into the shredding blade, and use medium pressure to push the food items through the opening.



Continue until you obtain the necessary amount of shredded food.

# INFOGRAPHIC: HOW TO USE A FOOD PROCESSOR TO SHRED AND GRATE FOOD ITEMS

## Culinary Quick Bites

BASIC FOOD PREPARATION SKILLS

### HOW TO USE A FOOD PROCESSOR TO SHRED/GRATE FOOD ITEMS

#### Countertop Food Processor



Some food items may need to be prepped before shredding. For example, cut the ends off carrots.



If using a countertop food processor, choose the appropriate-sized shredding or slicing blade, and secure it into the insert in the processor bowl. Secure the lid and turn the processor on.



Insert the food items into the bowl one at a time, applying medium pressure, until you've obtained the appropriate amount of shredded ingredient.



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

# CULINARY QUICK BITES

## How To Use A Food Processor To Shred And Grate Food Items

[WATCH THE VIDEO](#)

<https://vimeo.com/854356435/1d0b7efef3>

### 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:



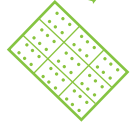
Food processor(s)  
– 1 per person or as available



Chef knife  
– 1 per person



Food pan  
– as needed



Anti-slip mat  
– 1 per person



Head of cabbage  
– 1 per person



Infographic: How to Use a Food Processor to Shred/Grate 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 the availability of materials. Allow enough time for each participant to complete the activity.

Additionally, this activity is referring to the use of a commercial food processor. If you do not have a commercial food processor, you can substitute with a countertop food processor. If the countertop food processor is the only option available, then you should use a carrot for the activity instead of a head of cabbage.

## SETUP INSTRUCTIONS FOR FACILITATOR

- 1** Prior to the training, gather all of the materials needed for the activity. Pre-wash the produce that will be used for the training. Set up workstations with the food processor(s), anti-slip mats, cutting boards, chef knives, and cabbage.
- 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 shred the head of cabbage.
  - Instruct participants to take their time and practice their culinary skills carefully.
  - Save shredded cabbage 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 shred/grate 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 shred and grate 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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