



CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

BASIC FOOD PREP SKILLS:
HOW TO WRAP A WRAP



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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 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 making wraps. You can use one of your recipes or find a Child Nutrition Recipe Box (CNRB) recipe. The activity helps reinforce knowledge and skills learned during this lesson. Wraps 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 13.

MATERIALS NEEDED



- Anti-slip mat – 1 per person
- Cutting board – 1 per person
- Chef knife – 1 per person
- Waste pan – as needed
- Food pan – as needed
- Containers for wraps – as needed
- Wrap recipe of your choice – 1 per person
 - **Note:** For this lesson, you will need to choose a recipe from the site’s recipe catalog or choose a recipe from the [Child Nutrition Recipe Box](https://theicn.org/cnr/) (<https://theicn.org/cnr/>).
- Food items for wraps based on the site’s selected recipe
- Infographic: How to Wrap a Wrap – 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 the lesson, participants will be able to wrap a wrap.

GENERAL INFORMATION ABOUT WRAPS

Quick Steps for Wraps:

1. Arrange preparation area. All wrap ingredients should be within easy reach of the work area.
2. Lay wraps or tortillas on a clean work surface.
3. Following the recipe, distribute the dressing/spread evenly on the tortilla wrap.
4. Place the wrap's filling and toppings (vegetables) on the bottom half of the tortilla wrap.
5. Distribute the ingredients evenly across the bottom half of the tortilla. Use meat, poultry, fish, beans, grains, vegetables, or fruits. Hard-to-bite ingredients need to be cut small, but most ingredients should be kept in bigger pieces for easiest rolling and eating.
6. Roll the wrap tightly and securely. Fold in the sides and bottom, roll up tightly, and seal the edges with a dab of cream cheese or other spread.
7. Pack the wrap in designated containers, sandwich bags or wrap in plastic film to maintain freshness.
8. Refrigerate until service.

NOTE: When available, substitute food products and menu items with lower-sodium versions. Work with your menu planner to determine the products that best fit your service. It is important to follow the recipe and not add additional or extra amounts of ingredients which could change the nutritional content and cost.

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

Culinary Quick Bites

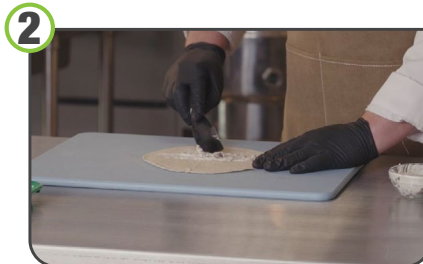
BASIC FOOD PREPARATION SKILLS

HOW TO WRAP A WRAP

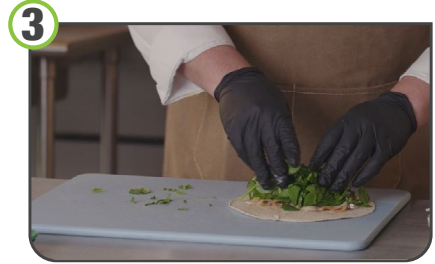
HOW TO WRAP A WRAP



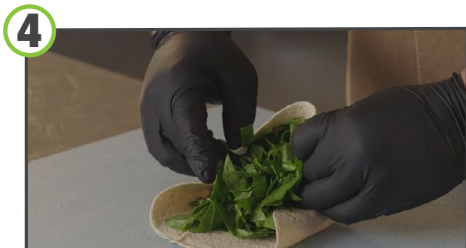
1 Arrange preparation area. All ingredients should be within easy reach of the work area. Lay wraps or tortillas on a clean work surface.



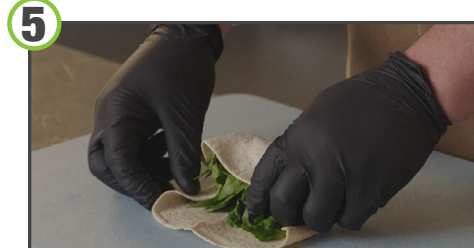
2 Evenly distribute dressing or spread on a tortilla wrap.



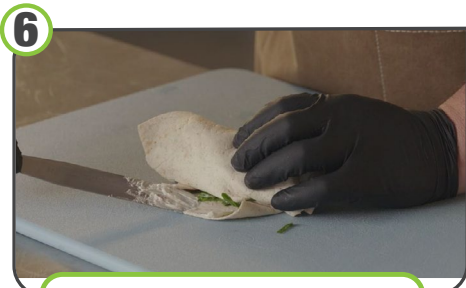
3 Toppings are placed in the lower half of the tortilla. Evenly distribute your ingredients. Use meat, poultry, fish, beans, grains, vegetables, or fruits. Hard-to-bite ingredients need to be cut small, but most ingredients should be kept in bigger pieces for easier rolling and eating.



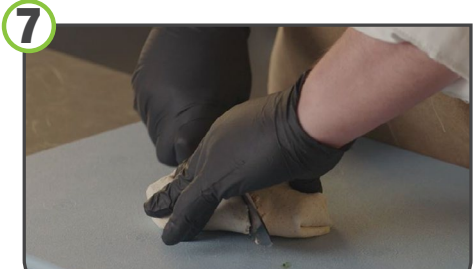
4 To roll the wrap tightly and securely, first fold in the sides and bottom and begin to roll.



5 Fold again and continue rolling up tightly.



6 Seal the edges with a dab of cream cheese or other spread.



7 Cut wrap in half if desired. Pack the wrap in designated containers, sandwich bags, or wrap in plastic film..



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How to Wrap a Wrap

[WATCH THE VIDEO](#)

<https://vimeo.com/854357098/3b23b0677f>

QR CODE

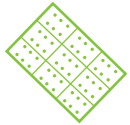
Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.



ACTIVITY

SETUP

MATERIALS:



Anti-slip mat
– 1 per person



Food pan
– as needed



Infographic: How to
Wrap a Wrap
– 1 per person



Cutting board
– 1 per person



Containers for wraps
– as needed



Chef knife
– 1 per person



Wrap recipe of your choice (Site
recipe or CNRB recipe)
– 1 per person



Waste pan
– as needed



Food items for wraps based on
the site's selected recipe

NOTE: If your site does not have enough materials for all participants to complete the activity simultaneously, divide participants into groups based on the materials available. Participants will be working together to make wraps. Determine the quantity of wraps to prepare based on the number of servings needed for your service. Scale recipe accordingly.

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 a workstation for each participant with the required utensils and food items.
- 2** Use mise en place (preparing food items for assembly) to set up the stations:
 - All wraps, spreads, fillings, vegetables, and topping ingredients should be prepared.
 - Meat, poultry, or fish should be cooked, chilled, and sliced or chopped. Vegetables should be washed, dried, and sliced.
 - Spreads should be prepared and chilled.
- 3** During the activity, remember to monitor and observe staff as they practice their culinary skills.

ACTIVITY

ACTIVITY INSTRUCTIONS FOR PARTICIPANTS

Each participant will assemble at least one wrap per recipe determined by the facilitator.

- 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** Instruct participants to take their time and practice their wrap-making skills.
Tips:
 - To ensure even distribution of ingredients in each bite, layer the ingredients carefully. Start with a base, such as lettuce or spinach, and add the other fillings systematically.
 - Place sauces or condiments evenly throughout the wrap, so they enhance the overall flavor without making the wrap too messy.
 - 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 how they plan to incorporate what they have learned into assembling wraps.
 - Ask participants what wraps do they think their students would enjoy.
- Ask if the participants feel more comfortable with how to build a wrap 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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