



The John C. Stalker Institute
of Food and Nutrition
AT FRAMINGHAM STATE UNIVERSITY

Back to Basics: Asian Fusion

a JSI Workshop to Go

Instructor Guide



Introduction

This instructor guide is intended to provide the necessary resources to prepare for and present this workshop for The John C. Stalker Institute (JSI). It should not be used for any other purpose without written permission.

JSI Workshops to Go have been developed using adult learning theory. The active, hands-on approach used in this workshop ensures that participants feel confident using their new skills on a daily basis.

This guide includes:

- About Us • Vision • Mission
- Non-discrimination Statement
- Sent to school in advance by JSI:
 - Letter to school nutrition director
 - Grocery List
 - Equipment List
- Workshop Outline with approximate timeline
- Chef's Cheat Sheet
- Workshop Narrative
- Key for Check Your Knowledge! Post-Workshop Questions
- Participant Evaluation Form*
- Recipes
- Participant Handouts

*The participant evaluations are based on the instructional qualities of this workshop. Please review the Participant Evaluation Form in advance and get a feel for what participants will be expecting from this workshop.

Prior to each workshop you will receive the following in the mail:

- Completed Workshop Confirmation Form
- Sign in Sheets
- Participant Guides
- Check Your Knowledge/Evaluation Forms
- Certificates
- Instructor Feedback Form
- Return Envelopes

All participants should sign in for the workshop. The completed sign in sheets, instructor feedback form and check your knowledge/evaluation forms should be sent to JSI in the return envelopes provided.

Before your presentation, take some time to familiarize yourself with the materials needed as well as the handouts and recipes. Please feel free to contact us if you have any questions or need support at 508-626-4756 or johnstalker@framingham.edu. We hope you enjoy your experience!

About Us

The John C. Stalker Institute of Food and Nutrition (JSI) is the premier provider of child and school nutrition training in Massachusetts. JSI is a partnership of the Massachusetts Department of Elementary and Secondary Education, Office for Food and Nutrition Programs and Framingham State University. This institution is an equal opportunity provider and employer.

The school environment plays a vital role in shaping students' nutritional health throughout their growing years and into their adult lives. The programs offered by JSI support schools in their efforts to provide healthy, safe, and wholesome meals to school children. The primary audience for JSI includes school nutrition program directors, managers, and production/service staff along with other professionals working to improve the nutritional health of Massachusetts' school children.

JSI was established in May of 1988 and was named for John C. Stalker, who was the Director of the Massachusetts Bureau of Nutrition Education and School Food Services between 1945 and 1982. He devoted his life to the betterment of nutrition education and school food service and was responsible for expanding the Child Nutrition Programs in Massachusetts and instrumental in the passage of the National School Lunch Act of 1946.

Vision

The John C. Stalker Institute is the creative entity and force to lead Massachusetts school and child nutrition professionals in forward thinking, growth, education, and development to address the needs of the whole child.

Mission

The John C. Stalker Institute of Food and Nutrition uses current research and technology to educate and inform Massachusetts professionals concerned with child nutrition and healthy nutrition environments.

Contact Information

Email: johnstalker@framingham.edu

Website: johnstalkerinstitute.org

Address: Framingham State University, PO Box 9101, 100 State Street, Framingham, MA 01702

Massachusetts Department of Elementary and Secondary Education: www.doe.mass.edu

Non-discrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

This institution is an equal opportunity provider.

To: School Nutrition Director,

Thank you for your interest in the **Back to Basics: Asian Fusion Cuisine** workshop. Please review the specific preparation requirements for your staff and kitchen to make this workshop a success:

1. STAFF REQUIREMENTS—This workshop provides culinary instruction and demonstration along with hands-on culinary activities for your staff to improve and advance their culinary skills. Because this is a hands-on workshop it is limited to **no more than 14 people** at any one time. During this workshop your staff will practice culinary techniques individually, as well as work as part of a team to prepare a set of recipes.

**In the last 30-40 minutes of the workshop we will be ready to taste and evaluate the recipes. We ask that YOU (School Nutrition Director) participate in the workshop at this time.*

2. KITCHEN SPACE—This culinary workshop will take place in your school kitchen. It is essential that the chef instructor and your staff have sufficient counter space to work. We suggest you pick your best equipped kitchen. Additionally, the **chef's demo station** and **four work stations** will need to be set up with at least 5 feet of counter space for each station. *We highly recommend providing chairs for your staff during the chef demonstration portion of the workshop.*

3. FOOD (GROCERIES) – JSI will provide you with a grocery list of items needed for the demonstration and team cooking portion of the workshop. Feel free to contact the Manager of Culinary Programs, Jumana Whelan, at jwhelan@framingham.edu for appropriate substitutions or questions regarding food needed for the workshop.

3. EQUIPMENT—The correct kitchen equipment is essential for this workshop. Please review the equipment list and confirm availability in the school kitchen where the workshop will take place. It is essential that you provide this equipment (or a reasonable substitute).

As always, we look forward to your feedback and appreciate your support in advance. Should you have any questions, please contact The John C. Stalker Institute at johnstalker@framingham.edu or call 508-626-4756.

Back to Basics Asian Fusion Grocery List

Check to confirm availability

Food	Amount	Confirm	Comments: substitutions, etc.
Produce			
Scallions, bunch	1 ea.	<input type="checkbox"/>	Click or tap here to enter text.
Garlic, cloves	10 ea.	<input type="checkbox"/>	Click or tap here to enter text.
Napa cabbage	1 head	<input type="checkbox"/>	Click or tap here to enter text.
Red cabbage	1 head	<input type="checkbox"/>	Click or tap here to enter text.
Carrots, large	6 ea.	<input type="checkbox"/>	Click or tap here to enter text.
Carrots, baby	1 lb.	<input type="checkbox"/>	Click or tap here to enter text.
Ginger, fresh	3 inches	<input type="checkbox"/>	Click or tap here to enter text.
Onions, yellow, medium	3 ea.	<input type="checkbox"/>	Click or tap here to enter text.
Green beans	2 ½ lbs.	<input type="checkbox"/>	Click or tap here to enter text.
Broccoli, whole heads	4 ea.	<input type="checkbox"/>	Click or tap here to enter text.
Red bell peppers	3 ea.	<input type="checkbox"/>	Click or tap here to enter text.
Meat/Dairy			
Chicken, breast, boneless, skinless	2 ½ lbs.	<input type="checkbox"/>	Click or tap here to enter text.
Eggs, large	3 each	<input type="checkbox"/>	Click or tap here to enter text.
Extra-firm tofu	3 lbs. 8 oz.	<input type="checkbox"/>	Click or tap here to enter text.
Dry/Canned Goods			
Soy sauce, reduced sodium	1 ¼ cups	<input type="checkbox"/>	Click or tap here to enter text.
Rice vinegar	4 Tbsp	<input type="checkbox"/>	Click or tap here to enter text.
Sesame oil	2 Tbsp	<input type="checkbox"/>	Click or tap here to enter text.
Vegetable oil	1 cup	<input type="checkbox"/>	Click or tap here to enter text.
Olive oil	2 Tbsp	<input type="checkbox"/>	Click or tap here to enter text.
Sriracha Sauce	½ cup	<input type="checkbox"/>	Click or tap here to enter text.
Sesame seeds, toasted, unsalted	1 cup + 2 Tbsp	<input type="checkbox"/>	Click or tap here to enter text.
Sugar, granulated	4 Tbsp	<input type="checkbox"/>	Click or tap here to enter text.
Long-grain brown rice	3 2/3 cups	<input type="checkbox"/>	Click or tap here to enter text.
100% Whole Wheat Linguini	1.5 lbs.	<input type="checkbox"/>	Click or tap here to enter text.
Cornstarch	4 Tbsp	<input type="checkbox"/>	Click or tap here to enter text.
Pineapple chunks, in 100% juice	1 lb. 8 oz.	<input type="checkbox"/>	Click or tap here to enter text.
Mandarin oranges, canned	26 oz.	<input type="checkbox"/>	Click or tap here to enter text.
Coconut <i>dried, shredded, unsweetened</i>	2/3 cup	<input type="checkbox"/>	Click or tap here to enter text.
Light brown sugar	½ cup	<input type="checkbox"/>	Click or tap here to enter text.
Cooking spray	1 bottle	<input type="checkbox"/>	Click or tap here to enter text.
Spices, dried			
Black pepper, ground	1 ¼ tsp	<input type="checkbox"/>	Click or tap here to enter text.

Kosher salt	1 ½ tsp	<input type="checkbox"/>	Click or tap here to enter text.
Garlic powder	1 Tbsp	<input type="checkbox"/>	Click or tap here to enter text.
Ginger, ground	1 Tbsp	<input type="checkbox"/>	Click or tap here to enter text.
Frozen			
Peas and diced carrots	2 ½ cups	<input type="checkbox"/>	Click or tap here to enter text.

Back to Basics Asian Fusion Equipment List

Check to confirm availability

Equipment	Amount	Confirm	Comments: substitutions, etc.
<u>Appliances</u>			
Oven/Combi Oven	1	<input type="checkbox"/>	Click or tap here to enter text.
Stove range	1	<input type="checkbox"/>	Click or tap here to enter text.
Flattop Grill/Plancha	1	<input type="checkbox"/>	Click or tap here to enter text.
Tilt Skillet	1	<input type="checkbox"/>	Click or tap here to enter text.
Steamer	1	<input type="checkbox"/>	Click or tap here to enter text.
Digital kitchen scale	1	<input type="checkbox"/>	Click or tap here to enter text.
Food Processor	1	<input type="checkbox"/>	Click or tap here to enter text.
<i>(with grating, slicing, and dicing attachments)</i>			
<u>Pots & Pans</u>			
Medium sauce pan	1	<input type="checkbox"/>	Click or tap here to enter text.
Large skillet (ex. 14")	2	<input type="checkbox"/>	Click or tap here to enter text.
Wok (<i>optional</i>)	1-2	<input type="checkbox"/>	Click or tap here to enter text.
<u>Small kitchen tools</u>			
Set of measuring spoons	2	<input type="checkbox"/>	Click or tap here to enter text.
Set of measuring cups	2	<input type="checkbox"/>	Click or tap here to enter text.
Fine mesh strainer	1	<input type="checkbox"/>	Click or tap here to enter text.
Can opener	1	<input type="checkbox"/>	Click or tap here to enter text.
Meat thermometer	1	<input type="checkbox"/>	Click or tap here to enter text.
2-qt. plastic container	5	<input type="checkbox"/>	Click or tap here to enter text.
Box Grater/Microplane	1	<input type="checkbox"/>	Click or tap here to enter text.
Mandolin (<i>optional</i>)	1	<input type="checkbox"/>	Click or tap here to enter text.
Cheese cloth (<i>optional</i>)	1	<input type="checkbox"/>	Click or tap here to enter text.
<u>Large kitchen tools</u>			
Cutting board	6	<input type="checkbox"/>	Click or tap here to enter text.
Colander	2	<input type="checkbox"/>	Click or tap here to enter text.
Medium mixing bowl	7	<input type="checkbox"/>	Click or tap here to enter text.
Large mixing bowl	2	<input type="checkbox"/>	Click or tap here to enter text.
Large baking sheet	3	<input type="checkbox"/>	Click or tap here to enter text.
4-qt. plastic container	6	<input type="checkbox"/>	Click or tap here to enter text.
<u>Knives & Utensils</u>			
Chef knife	6	<input type="checkbox"/>	Click or tap here to enter text.
Whisk	2	<input type="checkbox"/>	Click or tap here to enter text.
Rubber spatula	5	<input type="checkbox"/>	Click or tap here to enter text.
Large mixing spoon	8	<input type="checkbox"/>	Click or tap here to enter text.
Large tongs	1	<input type="checkbox"/>	Click or tap here to enter text.

Metal fork	1	<input type="checkbox"/>	Click or tap here to enter text.
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Serving trays

Full-size steam table pan	6	<input type="checkbox"/>	Click or tap here to enter text.
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Half-size steam table pan	2	<input type="checkbox"/>	Click or tap here to enter text.
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Paper goods

Parchment paper	6 sheets	<input type="checkbox"/>	Click or tap here to enter text.
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Paper towel	1 roll	<input type="checkbox"/>	Click or tap here to enter text.
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Linens

Dish towel	6-7	<input type="checkbox"/>	Click or tap here to enter text.
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Back to Basics: Asian Fusion Workshop Outline

Goal: To advance culinary skills to encourage scratch and speed scratch cooking in conjunction with school menu planning requirements using Asian influences tailored to current food trends for K-12 students.

Objectives: The participants will be able to:

1. Identify the health benefits of scratch cooking using ingredients found in Asian cuisine.
2. Demonstrate healthy cooking techniques for vegetables, fruits, meats/meat alternates, and whole grains using common ingredients found in Asian cuisine.
3. Prepare Asian-inspired recipes tailored to current food trends.
4. State how to meet the meal pattern requirements for schools using Asian fusion cuisine.

Audience: School nutrition staff and managers

Workshop Time: 3 hours

Location: School kitchen for chef demonstration and group cooking

Supplies:

- Posters: Map of the Asia; Build-Your-Own Stir-Fry Bowl
- Recipes in sheet protectors
- Food (provided by the school - see School Grocery list)
- Equipment (provided by the school - see School Equipment List)

Back to Basics: Asian Fusion Workshop Outline

- Prior to start of workshop - Review the narrative, recipes and Chef's Cheat Sheet.

Note: Before the start of the workshop invite the School Nutrition Director to join the group for the tasting of the recipes and the final discussion about integrating the recipes into the school menu.

Time	Instructor Notes
Objective:	Welcome
2 minutes	Introduce yourself - provide your background in addition to being an instructor for The John Stalker Institute of Food and Nutrition. Describe the goal, objectives and flow and expectations. Required: Build-Your-Own Stir-Fry Bowl Menu Board
Objective:	Identify the health benefits of scratch cooking using ingredients found in Asian cuisine.
2 minutes	<u>Back to Basics</u> Discuss the definition and importance of scratch and speed scratch cooking. *Note: If the group has already completed a B2B, this section can be shortened. Ask participants for examples of scratch cooking. Ask participants to name some barriers.
6 minutes	<u>History and Health Benefits</u> Discuss the following: <ul style="list-style-type: none"> • Map of Asia • Food culture & current trends of Eastern Asian cuisine. • Health benefits of foods commonly used in Eastern Asian cuisine. Ask participants if they have ever tried some of the typical dishes from this cuisine. Activity: Getting to Know the Staples Required: Poster Map of Asia; Chef's Cheat Sheet
Objective:	Demonstrate healthy cooking techniques for vegetables, fruits, meat/meat alternates, and whole grains using common ingredients found in Asian cuisine.
55 minutes	<u>Culinary Techniques I</u> Activity: Chef Demo, Part 1: Staple Ingredients Discuss the following while showing how to prepare some of the ingredients: <ul style="list-style-type: none"> • Proper washing/storing for specific ingredients • Proper knife skills for specific ingredients Required: Chef's Cheat Sheet Handouts: Culinary Principles for Preparing Vegetables Activity: Chef Demo of Asian Marinades & Salad Dressing, sampling Required: Chef's Cheat Sheet
15 minutes	<u>Culinary Techniques II</u> Activity: Chef Demo, Part 2 Discuss the following while showing how to prepare some of the ingredients: <ul style="list-style-type: none"> • Eastern preparation methods for whole grains, and poultry • Note food safety principles where they apply Required: Chef's Cheat Sheet

Back to Basics: Asian Fusion Workshop Outline

Objective:	Prepare Asian – inspired recipes tailored to current food trends.
1 hour and 25 minutes	<p><u>Team Cooking</u></p> <p>Mise en Place – Organization</p> <ul style="list-style-type: none"> • Discuss term <i>mise en place</i>, steps of reading a recipe, reminder of food safety principles • Make a simple “shopping list” to decrease trips to the pantry/refrigerator <p>Assign Teams</p> <ul style="list-style-type: none"> • Assign teams and review instructions for <i>Team Cooking Recipe Report</i> • Set up workstations <p>Recipes: <i>Teriyaki Sauce; Chicken Teriyaki; Chinese Noodles; Crispy Tofu; Confetti Fried Rice; Chinese Noodles; Stir-Fry Vegetables; Sesame-Roasted Green Beans; Asian Rainbow Slaw; Mandarin Fruit Salad</i></p> <p>Preparation</p> <ul style="list-style-type: none"> • Teams prepare Asian Fusion recipes practicing culinary techniques from demo • Chef supervises groups to ensure utilization of proper knife skills, technique, food safety, and time management <p>Presentation</p> <ul style="list-style-type: none"> • Teams complete their <i>Team Cooking Recipe Report</i> • Completed recipes are set up on the serving line • Teams present their recipes (Director should be invited to join) * <p>Tasting</p> <ul style="list-style-type: none"> • Participants and director taste recipes <p>Handout: <i>Team Cooking Recipe Report</i></p>
Objective:	State how to meet the meal pattern requirements for schools using Asian fusion cuisine.
5 minutes	<p><u>Meeting the Meal Pattern Using Asian Fusion Cuisine</u></p> <p>Ask participants how to meet the school meal requirements using the BYO menu.</p> <p>Handout: <i>Food Components for Schools Resources</i></p>
5 minutes	<p><u>Planning Menus</u></p> <p>Discuss ways to successfully offer the Asian Fusion recipes in menus.</p> <p>Ask participants and director which items from the BYO options they will plan to incorporate in their menus.</p> <p>Review JSI resources available: Taste Test and Live-Setting Culinary Trainings.</p>
Objective:	Conclusion
5 minutes	<p><u>Wrap Up</u></p> <p>Ask audience if they have any questions.</p> <p>**Instruct completion of <i>Check Your Knowledge/Evaluation Forms</i>. Be sure to check for completion of online survey, or collect paper copies before distributing the certificates.</p> <p>Clean up – Instruct participants to clean up stations and wash dishes.</p> <p>Thank audience for their attention and participation.</p>

Back to Basics: Asian Fusion Workshop Outline

Objective:	Prepare Asian – inspired recipes tailored to current food trends.
1 hour and 25 minutes	<p><u>Team Cooking</u></p> <p>Mise en Place – Organization</p> <ul style="list-style-type: none"> • Discuss term <i>mise en place</i>, steps of reading a recipe, reminder of food safety principles • Make a simple “shopping list” to decrease trips to the pantry/refrigerator <p>Assign Teams</p> <ul style="list-style-type: none"> • Assign teams and review instructions for <i>Team Cooking Recipe Report</i> • Set up workstations <p>Recipes: <i>Teriyaki Sauce; Chicken Teriyaki; Chinese Noodles; Crispy Tofu; Confetti Fried Rice; Chinese Noodles; Stir-Fry Vegetables; Sesame-Roasted Green Beans; Asian Rainbow Slaw; Mandarin Fruit Salad</i></p> <p>Preparation</p> <ul style="list-style-type: none"> • Teams prepare Asian Fusion recipes practicing culinary techniques from demo • Chef supervises groups to ensure utilization of proper knife skills, technique, food safety, and time management <p>Presentation</p> <ul style="list-style-type: none"> • Teams complete their <i>Team Cooking Recipe Report</i> • Completed recipes are set up on the serving line • Teams present their recipes (Director should be invited to join) * <p>Tasting</p> <ul style="list-style-type: none"> • Participants and director taste recipes <p>Handout: <i>Team Cooking Recipe Report</i></p>
Objective:	State how to meet the meal pattern requirements for schools using Asian fusion cuisine.
5 minutes	<p><u>Meeting the Meal Pattern Using Asian Fusion Cuisine</u></p> <p>Ask participants how to meet the school meal requirements using the BYO menu.</p> <p>Handout: <i>Food Components for Schools Resources</i></p>
5 minutes	<p><u>Planning Menus</u></p> <p>Discuss ways to successfully offer the Asian Fusion recipes in menus.</p> <p>Ask participants and director which items from the BYO options they will plan to incorporate in their menus.</p> <p>Review JSI resources available: Taste Test and Live-Setting Culinary Trainings.</p>
Objective:	Conclusion
5 minutes	<p><u>Wrap Up</u></p> <p>Ask audience if they have any questions.</p> <p>**Instruct completion of <i>Check Your Knowledge/Evaluation Forms</i>. Be sure to check for completion of online survey, or collect paper copies before distributing the certificates.</p> <p>Clean up – Instruct participants to clean up stations and wash dishes.</p> <p>Thank audience for their attention and participation.</p>

B2B: Asian Fusion – Chef’s Cheat Sheet

This cheat sheet is meant to help you prepare for each food/cooking activity. The narrative provides more detail and is referenced here in terms of page numbers.

1. History & Health Benefits of Asian Fusion:

a. **Activity – Getting to Know the Staples:** (see, touch, smell) (page: 2-4)

Need to prepare: All ingredients needed for the ‘Chef Demos, Part 1’ (listed below) should be laid out on center table; these are the “staple ingredients” for this first activity.

2. Culinary Techniques I: (page: 4-8)

a. **Activity –Chef Demo, Part 1:**

Need to prepare: Wash all produce ahead of time; a cutting board/rubber mat/chef knife; perforated pan, large hotel pan, cheesecloth, two #10 cans; mixing bowls for chopped produce.

1. Tofu packages (to be drained and pressed for participants to see)
2. Napa cabbage (1 head)
3. Carrot (1 each)
4. Scallion (2 each)
5. Garlic (2 cloves)
6. Ginger root (3-4 inches)
7. Red bell pepper (1 each)
8. Reduced sodium soy sauce
9. Rice vinegar
10. Sesame oil
11. Sesame seeds

b. **Activity – Chef Demo of Asian Marinade & Salad Dressing** (page: 7-8)

Need to prepare: two medium mixing bowls, one whisk, measuring spoons, measuring cups, one large mixing spoon, cutting board, rubber mat, chef knife

i. Asian Marinade *for Chicken Teriyaki recipe* – demo & sample

Ingredients: scallions, reduced-sodium soy sauce, sugar, rice vinegar, garlic, sesame seeds, ground black pepper

ii. Asian Salad Dressing *for Asian Rainbow Slaw* – demo & sample

Ingredients: rice vinegar, sesame oil, reduced-sodium soy sauce, sugar, baby carrots

B2B: Asian Fusion – Chef’s Cheat Sheet

3. Culinary Techniques II: (page: 8-9)

b. Activity – Chef Demo, Part 2:

1. **Grains** – Need to prepare: medium hotel pan, fine mesh strainer, large saucepan, colander, measuring cups, measuring spoons, water, fork, large sheet pan, and parchment paper
 - i. 1 1/3 cups long grain brown rice (dry) – cook (page: 7-8)
 - ii. 1-pound whole wheat linguini (dry) – describe how to cook (page: 8)
2. **Chicken** – Explain how to fillet chicken breast into strips for stir-fry and marinate (page: 9)

4. Team Cooking: (page: 9-11)

a. Assign groups: (see recipes for lists of ingredients)

- **Team 1** – Chicken Teriyaki, Teriyaki Sauce and Chinese Noodles (use pasta from demo)

Equipment:

- large plastic bag
- large sheet pan
- parchment paper
- measuring cups & spoons
- large mixing bowl
- tongs
- medium mixing bowl
- large mixing spoon
- cutting board
- chef knife
- medium size sauce pan

- **Team 2** – Crispy Tofu (use pressed tofu from demo) and Confetti Fried Rice

Equipment:

- large sauté skillet or wok
- large mixing spoon
- measuring cups & spoons
- large mixing bowl
- large sheet pan
- spatula or tongs
- parchment paper
- cutting board
- chef knife

B2B: Asian Fusion – Chef’s Cheat Sheet

- **Team 3** – Sesame Roasted Green Beans and Asian Rainbow Slaw

Equipment:

- measuring cups & spoons
- large sheet pan
- parchment paper
- large mixing bowl
- cutting board
- chef knife

- **Team 4** – Stir-Fry Vegetables and Mandarin Fruit Salad

Equipment:

- large sauté skillet or wok
- large mixing spoons
- measuring cups & spoons
- large mixing bowl
- cutting board
- chef knife

- b. Set up the *Build Your Own Stir-Fry Bowl*: Line up dishes from the group recipes in either half- or full-size steam table pans

- c. Group presentations of recipe reports.

- d. Participants taste the recipes, while discussing the flow of the menu for students:

- **Choose 1 Grain:**
 - Confetti Fried Rice
 - Chinese Noodles
- **Choose 1 Meat/Meat Alternate:**
 - Chicken Teriyaki
 - Crispy Tofu
- **Choose Vegetable Topping:**
 - Sesame Roasted Green Beans
 - Stir-Fry Vegetables
- **Choose 1-2 Vegetable/Fruit Sides:**
 - Asian Rainbow Slaw
 - Mandarin Fruit Salad
- **Top it off with Condiments:**
 - Homemade Teriyaki Sauce
 - Sriracha Sauce

B2B: Asian Fusion Workshop Narrative

I. Introduction

2 Minutes

SAY: Welcome to the culinary workshop, Back to Basics: Asian Fusion. My name is _____ and I am a culinary instructor for The John C. Stalker Institute. (Provide your background in addition to being a presenter.)

SAY: The goal of this workshop is to advance culinary skills to encourage scratch and speed scratch cooking in conjunction with school menu planning requirements using Eastern Asian influences tailored to current food trends for K-12 students.

SAY: By the end of this workshop you will be able to:

- Recognize the health benefits of scratch cooking using ingredients found in Eastern Asian cooking.
- Demonstrate healthy cooking techniques for vegetables, fruits, meats/meat alternates, and whole grains using common ingredients found in Asian fusion.
- Prepare Asian-inspired recipes tailored to current food trends.
- State how to meet the meal pattern requirements for schools using Asian fusion.

SAY: The structure of this workshop is as follows:

1. First, I will provide a demonstration going over the staple ingredients of Eastern Asian cuisine.
2. Next, you will be assigned to teams to prepare the recipes for this menu (**DO:** show BYO menu board).
3. Then, we will have each team present their recipes to the whole group and taste them while discussing how we can offer this menu to students in your program.
4. Finally, we ask that you complete a survey prior to receiving your certificate of completion.

B2B: Asian Fusion Workshop Narrative

II. Why Back to Basics?

2 Minutes

ASK: What is scratch cooking? Can you give me an example?

Answers may vary: using fresh ingredients, nothing is pre-made, less processed; making soup instead of opening a can of soup to serve

SAY: Scratch cooking is using all ingredients in their most basic form and involves all cooking and assembly to take place on site. Speed scratch cooking uses value added or minimally prepared ingredients, most assembly takes place on site, and uses resources of food companies to improve ingredients.

ASK: Why is scratch cooking important?

Answers may vary: It's healthier, the food tastes better, saves money

SAY: More and more schools are making the change to cut back on highly processed, high salt foods and returning to basic, school-made foods thereby giving more control over the ingredients that go into school meals. By making recipes from scratch or speed scratch and utilizing USDA foods as well as local fresh produce schools can also reduce the food cost of a school nutrition program and inspire our young people to develop lifelong healthy habits.

ASK: What are some barriers to scratch cooking?

SAY: Today we're going to practice some culinary skills that will help overcome some of these barriers.

III. History and Health Benefits

6 minutes

SAY: Today's workshop is all about enhancing the school menu by adding Asian fusion inspiration.

ASK: What countries are considered part of Asia?

Answers may vary but the countries included are: China, Japan, Indonesia, Philippines, Thailand, Cambodia, India, Pakistan, Vietnam, North and South Korea, Malaysia, Nepal, Laos, Myanmar, Sri Lanka, Russia, Kazakhstan, countries in the Middle East, etc.

DO: Show map of Asia.

SAY: Asia is a huge continent that includes countries with such a wide diversity of cultures. In this

B2B: Asian Fusion Workshop Narrative

workshop we are going to focus on the food cultures of the Eastern Asian countries, like China, Japan, Thailand, Vietnam, and Cambodia – to name a few. While they each have their own cuisine, there are similarities in ingredients used and flavor profiles.

ASK: Do you know why we are focusing on Eastern Asian cuisine?

SAY: According to the National Restaurant Association, current food trends are pointing towards authentic ethnic cuisine, street food-inspired dishes, house-made condiments, fast-casual concepts, and healthful kids' menus (Source: Restaurant.org/FoodTrends 2017). These days, students have a more adventurous palate than ever before and they want meals that are customizable, fresh, and “trendy.”

ASK: Have you ever tried or prepared Asian-inspired recipes?

DO: Name examples of some typical dishes from Eastern Asian countries: stir-fried meat and vegetables, fried rice, tofu, dim sum, wonton soup, bibimbap (pronounced: “BEE-bim-bap”), pho (pronounced: “FAH”), pad Thai, etc.

SAY: Eastern Asian food has some similarities across the countries including flavors like ginger, soy sauce, garlic, scallions, and sesame. The cuisines also tend to focus on vegetables, soy, and rice, as the main components of each meal with meat added as a condiment. By combining a variety of Asian-inspired dishes, you can create a meal that is well-balanced and delicious!

Following a balanced Eastern Asian diet provides:

- Fiber-rich meals from a variety of vegetables
- Protective antioxidants from the spices, herbs, and citrus fruits
- Heart-healthy fats from sources like peanut and sesame seed oils, and fresh fish
- Vegetarian sources of protein like tofu

ACTIVITY – Getting to Know the Staples

DO: Refer to Chef's Cheat Sheet for a list of the staple ingredients.

SAY: Let's take a look at some of the staple ingredients found in Eastern Asian cuisine.

DO: Have participants become familiar with staple ingredients laid out on the center table by looking, smelling, and describing what they see. Have them pass around the spices and aromatics

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to smell.

ASK: Are you familiar with working with these ingredients? Are you familiar with how they taste?

SAY: These are just the starting ingredients that make up the flavor profiles of the meal components we are going to put together to create: *a build-your-own-stir-fry-bowl*.

IV. Culinary Techniques I

55 minutes

SAY: Knowing the proper techniques for preparing fresh ingredients can save you time and money. Techniques give you the skill set to prepare ingredients quickly and efficiently. Then, once you feel comfortable preparing recipes from scratch, you can purchase more ingredients in bulk, and in their raw form which usually costs less.

ACTIVITY – “Chef Demo, Part 1”

DO: Set up cutting board with rubber mat to secure, and chef knife. Chef’s demo station will need to be in a central area of the kitchen so that participants can gather around to watch. Lay out the following ingredients on the center counter/prep table:

- Tofu packages
- Napa cabbage (1 head)
- Carrot (1 each)
- Scallion (2 each)
- Garlic (2 cloves)
- Ginger root (3-4 inches)
- Red bell pepper (1 each)
- Reduced sodium soy sauce
- Rice vinegar
- Sesame oil
- Sesame seeds

DO: Demonstrate how to setup a prep station with cutting board that won’t slip, a food scrap bowl, how to safely hold a chef knife and how to hold the produce to avoid accidents/injuries (flat edges on board, rocking the knife, curling fingers, etc.).

SAY: I’m going to demonstrate how to prepare some of the ingredients in front of us and then you’ll have a chance to practice for yourself once you begin preparing the recipes. Let’s start with

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tofu, since we will need time for it to drain before cooking it.

SAY: Tofu, also known as bean curd, is a very popular food in Eastern Asian cuisine, it's made from the curds of coagulated soy milk that have been pressed back together to form a soft block. It's a great ingredient to have on hand because it is relatively inexpensive, lasts for weeks unopened in the refrigerator, and can be used raw or cooked. It does not have much flavor on its own but takes on the flavor of any spice or sauce that it is prepared with. Tofu is low in saturated fat and a good source of protein making it a great alternative for meat. For this workshop, we're going to be using extra firm tofu which holds its shape well when cooked. Firm tofu can also be used but may need a longer time to drain the excess liquid. There is also a silken tofu variety, however, it's more of a liquid texture and is used in smoothies, baking, etc.

DO: Explain and show how to drain tofu:

1. Wrap the block of tofu in a cheesecloth, clean kitchen towel, or paper towels, and place in a perforated pan, using the cloth to cover the tofu.
2. Place a hotel pan on top and weigh down with #10 cans.
3. Let the tofu drain for at least 30 minutes (or overnight when able).

SAY: The longer the tofu drains, the crispier it will get once it is baked in the oven. Some like their tofu soft, but since the recipe is called "Crispy Tofu" our customers are expecting a crispy texture!

SAY: Now let's look at Napa cabbage. In East Asia, this type of cabbage is often used in soups, stir-fries, or marinated to be used as a condiment.

DO: Demonstrate proper technique for thinly shredding cabbage using a knife or mandolin (if available).

SAY: Shredded cabbage can be stored in a tightly sealed container in the refrigerator for 3-5 days. This means you can prep on Monday and use it for several days that same week. Now, let's move on to carrots. Carrots are one of the most common vegetables used in all cuisines, their mild but slightly sweet flavor adds a nice base to any recipe. They are versatile because they taste great raw or cooked; last weeks in the refrigerator; and they are generally available year-round!

DO: Demonstrate proper technique for grating carrots and slicing into diagonal coins.

SAY: Now, let's talk about scallions. Scallions are from the same group of vegetables as onions

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but have a much milder flavor. The white and green parts are both edible, but the white end is usually sharper tasting and gets sweeter when cooked. The green ends are very mild and often used a garnish on a dish. Scallions are commonly used to flavor stir-fries or to marinate meat, poultry, and fish.

DO: Demonstrate proper technique for slicing scallions.

SAY: Garlic is a staple ingredient used in several recipes in Eastern Asian cuisines. Fresh garlic can be intimidating to use but lends a ton of flavor – turning an ordinary vegetable into an exciting dish! The finer it is chopped, the more powerful it will be. If you want just a mild garlic flavor, cut the cloves in half and add them at the beginning of the cooking process. For a bolder flavor, mince the garlic and add it towards the end of the cooking.

DO: Explain how to mince fresh garlic cloves.

SAY: When you don't have fresh garlic to work with, keep in mind of the following substitutions -
1 clove garlic =

- 1 tsp fresh, minced
- ½ tsp jarred, minced
- ¼ tsp granulated garlic
- 1/8 tsp garlic powder

SAY: Next is ginger. Ginger adds a very distinct, aromatic, and spicy flavor to a dish – making it a great pair with fresh vegetables to liven them up! In Eastern Asian cuisines, ginger is commonly used in stir-fries. Ginger can be used by cutting into thin slices, or grated for a stronger flavor. It is a key ingredient for adding the familiar Asian food flavor that is greatly admired.

DO: Demonstrate proper technique for taking skin off of ginger (spoon method), and grating vs. slicing. Explain how to puree fresh ginger in large batches and then freeze in portions, also provide substitutions for using dried ginger (1 Tbsp fresh = ¼ tsp ground).

SAY: In Asian dishes, red bell peppers are often added to incorporate a bright color and mildly sweet flavor – often combined in stir-fries.

DO: Show how to properly slice red bell pepper. Explain that sliced peppers can be prepared ahead of time and stored in a sealed container in the refrigerator for 1-2 days.

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SAY: While we talked about a handful of important produce used in Asian cuisine, there are several more varieties that make up the meals, such as leafy greens, mushrooms, green beans, edamame, radishes, and fresh herbs. An important piece to note is how to best retain nutrients when storing and cooking produce. This handout is a great reference for some noteworthy tips and reminders.

DO: Refer participants to handout “Culinary Principles for Preparing Vegetables” and advise them to read on their own as a resource.

ACTIVITY – Chef Demo of Asian Marinade and Salad Dressing

SAY: Next I’m going to show you how you can create an Asian-inspired dish using a mixture of condiments, spices and aromatics that you probably already have in house! Some common ingredients are soy sauce, rice vinegar, sesame oil, ginger, garlic, and red chili peppers. You will also get to practice creating these items in your team cooking portion of the workshop.

SAY: Soy sauce is a staple ingredient used in a variety of cuisine from Eastern Asia. It’s made from fermented soy bean paste, grains, and salt. It adds a deep, salty, and nutty flavor to dishes. Because of its naturally high sodium content, we are going to be using a reduced sodium version. Rice vinegar adds a mild acidity to dishes – much less than a white or red wine vinegar – which plays nicely with the deep flavor of soy sauce. Sesame oil is another staple ingredient that gives any dish a distinctive Asian flavor.

NOTE: Soy and sesame are two of the top allergens – provide appropriate substitutions for these items (using neutral oils, coconut aminos, omitting sesame seeds, etc.).

DO: Demonstrate the following marinade and salad dressing recipes and allow participants to sample:

1. *(Demo & Sample) Asian Marinade (for Chicken Teriyaki recipe) – show how to make your own marinade for meat and poultry, without the added preservatives and/or MSG found in jarred sauces. *Note: This amount is enough for only 4-servings of the chicken recipe. Participants assigned to the chicken recipe will have to make this marinade again themselves.*
 - 1 medium scallion, finely sliced
 - 1 Tbsp. reduced-sodium soy sauce
 - 1 Tbsp. sugar
 - 2 tsp. rice vinegar

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- 1 clove garlic
- 1 tsp sesame seeds
- $\frac{1}{8}$ tsp ground black pepper

2.(Demo & Sample) Asian Salad Dressing (for Asian Rainbow Slaw) – explain that this type of dressing can be used for a coleslaw or salad, or to marinate vegetables that are to be used as a topping for sandwiches. Explain that this dressing can also be made as a large batch and stored in the refrigerator or placed on the salad bar. **Note: This amount is enough for 12-servings yield of the Asian Rainbow Slaw recipe but after sampling, more will need to be made for the team cooking activity.*

- 2 Tbsp. rice vinegar
- 1 Tbsp. sesame oil
- 1 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. sugar
- For sampling dressing = baby carrots

V. Culinary Techniques II

15 minutes

SAY: While each country in Eastern Asia has its own cuisine, they share some of the same staple ingredients and types of dishes that include rice, vegetables, soy, tofu, seafood, and small amounts of poultry and meat. In these cuisines, it is common to have a spread of several vegetable stir-fries, rice dishes, pickled condiments, and a saucy protein dish!

ACTIVITY – Chef Demo, Part 2:

SAY: The staple grain in Eastern Asian cuisine is rice. It is used in its whole grain form, made into rice noodles, or processed into a rice flour. A common dish is fried rice which uses leftover cooked rice that is turned into a wonderful comfort food. In this workshop, we are going to prepare a batch of freshly cooked rice, and then chill it while we are preparing some of the other dishes to speed up the process of creating that “leftover rice” dry consistency we’re looking for to create a crispy fried rice texture.

DO: Inform participants that brown rice takes about 45 minutes to prepare (cook and cool time) which is why you are starting it ahead of time in preparation for the Confetti Fried Rice recipe. Describe that the steamer should be pre-heated about 15 minutes ahead of time. Then, show how to cook brown rice in steamer (Note: ask schools how they prepare rice normally):

1. Rinse 1 $\frac{1}{3}$ cups brown rice.
2. Combine rice with 2 $\frac{2}{3}$ cups water in a 2-inch hotel pan and cook until liquid is completely absorbed and rice is just tender, about 30-35 minutes (set timer).

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3. Let rice cool for 10 minutes then fluff with a fork.
4. After rice has cooled, spread it on a baking sheet and chill (in the freezer) for 25-30 minutes before stir-frying.

SAY: While rice is the staple grain in Eastern Asian cuisine, noodles – made from wheat and eggs, or rice flour – are also essential! For this workshop, we are going to use whole wheat linguini which is similar in texture to Chinese noodles.

DO: Explain how to cook noodles ‘al dente’ and rinse under cold running water so that they do not get sticky or gummy.

SAY: In Eastern Asian cuisine, the most common type of meat used is pork, because it is easily accessible and adds a great deal of flavor to any dish. However, chicken is also very popular, a great source of lean protein, and works really well in a stir-fry! Today we’re going to use chicken breasts to create teriyaki chicken strips.

DO: Show how to fillet thick chicken breasts into strips for a quick stir-fry (Note: school may have already cooked chicken to use).

SAY: The chicken is going to sit in a marinade for at least 30 minutes. The marinade will help the chicken retain its moisture during the cooking process. Make sure to store marinating raw meat in the refrigerator to avoid the temperature danger zone!

SAY: Now that we’ve gone over some of the culinary history and techniques of Eastern Asian cuisine, let’s dive into some of the recipes so you can practice!

VI. Team Cooking

1 hour 25 minutes

SAY: The recipes we are going to prepare are all components of our featured menu of the day: *Build-Your-Own-Stir-Fry-Bowl*. The idea is to serve your students a meal that they can customize with an array of fresh offerings. They will be able to choose to fill their bowl with:

A base of:

- Grain: Confetti Fried Rice or Chinese Noodles

Topped with:

- Meat/Meat Alternate: Chicken Teriyaki or Crispy Tofu
- Vegetables: Sesame Roasted Green Beans or Stir-Fry Vegetables

Then they will be able to choose sides of:

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- Vegetable/Fruit: Asian Rainbow Slaw; and/or Mandarin Fruit Salad

And finally, top it off with condiments such as:

- Homemade Teriyaki Sauce
- Sriracha Sauce

SAY: In a few minutes, I will assign you to teams for the ‘Team Cooking’ to prepare these recipes. Success in the kitchen depends heavily on organization and *mise en place*, which is the French term that means to have all of your ingredients and cooking station in place *before* you begin cooking. It is also helpful to create a “shopping list” when grabbing items from the refrigerator or pantry to decrease the number of trips back and forth.

DO: Briefly describe the recipes to be made and go over how to read the recipes from start to finish, noting preparation time and efficient time management, as well as any substitutions if needed.

SAY: After preparing the recipes, please complete the “Team Cooking Recipe Report” (located in Participant Guide after recipes) with your team members. At least one person from your team should be assigned to present the report to the whole group once all of the recipes are complete.

DO: Assign participants into teams 1 through 4. The corresponding recipes to team are listed below.

Eastern Asian Recipes:

1. Team 1:

- Chicken Teriyaki
- Teriyaki Sauce
- Chinese Noodles

2. Team 2:

- Crispy Tofu
- Confetti Fried Rice

3. Team 3:

- Sesame Roasted Green Beans
- Asian Rainbow Slaw

4. Team 4:

- Stir-Fry Vegetables
- Mandarin Fruit Salad

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DO: Next, instruct participants to do the following:

2. Wash hands, put on aprons and gloves.
3. Wash and dry all produce.

DO: Instruct participants to get into their groups, gather ingredients, review recipes and begin cooking. Remind participants of food safety principles (i.e., prepare ready-to-eat foods before handling raw poultry or fish; use separate cutting boards for potentially hazardous foods; holding temperatures for hot vs. cold foods).

DO: Walk around the kitchen to each team to ensure proper knife skills, culinary technique, food safety, and time management are being utilized.

SAY: Remember to complete your 'Team Cooking Recipe Report' with team members and assign the spokesperson to present to the entire group.

DO: Instruct participants to place finished products in appropriate size pans to be set up as a station for students to choose base/toppings/sides/condiments. Discuss garnishes for presentation (i.e., chopped scallions, fresh lime wedges).

SAY: Now that we've set up our station, let's have Team 1 come up to present on their recipes. *(Note: At this time, the director should be invited to view the teams present and then taste the recipes and participate in discussion of incorporating these ideas into their menus.)*

DO: Continue having the following teams present until all recipes are presented.

SAY: Now, it's time to build your own stir-fry bowl to sample the Asian Fusion flavors!

DO: Instruct the participants to create their own plates and encourage trying all of the recipes.

SAY: Now that you have had a chance to try the recipes for yourself, let's talk about how to incorporate them in your program.

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I. Meeting the Meal Pattern Using Asian Fusion

5 minutes

SAY: As we mentioned before, the Asian cuisine is full of a variety of fresh vegetables, fruits, daily use of beans (soy, red bean, mung bean, etc.) and tofu, fresh aromatics, herbs, spices, and lean protein.

ASK: How do you think we can meet the school meal pattern requirements using this menu for *Build-Your-Own-Stir-Fry-Bowl*?

DO: Refer participants to the Food Component Requirements Resources in their participant guides.

SAY: We need to offer students a variety of food components each day, including vegetables, fruit, grains, meat or meat alternates, and of course, milk. The meals should have adequate calories but need to be low in added sugars, saturated fats, and sodium. With this BYO menu for a Stir-Fry Bowl, students have several options to help meet these needs:

- Choice of grains through the noodles or stir-fried rice
- Choice of meat/meat alternates through the chicken, or tofu
- Choice of hot and cold vegetables and fruits with the mixed vegetables, green beans, slaw, or fruit salad

**Note: Tofu must be 2.2 ounces (by weight) with 5 or more grams of protein to equal one ounce of the Meat/Meat Alternates requirement.*

II. Planning Menus

5 minutes

SAY: While we have featured several recipes for this *Build-Your-Own Stir-Fry Bowl Menu* in this training, you don't have to offer every recipe we prepared today on your menu. In fact, you will likely have more success if you scale down the number of offerings.

ASK: What items from this menu featured today would you offer your students?

SAY: Some ways to successfully offer this menu (or modified version) to your students:

- Consider ingredient substitutions appropriate for your program, using USDA foods, canned, frozen, or dried when needed (ex. Canned fruit instead of fresh, USDA cooked chicken, etc.)
- Consider portioning out the cold salad options in 2-4oz. cups for students to grab on the line or on the salad bar

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- Consider pre-plating bowl options for students to grab their choice more quickly
- Choose just one grain option to serve as the “base” of the bowl
- Offer two, instead of three, vegetable options
- Conduct a taste test to expose students to new menu items – JSI offers a Taste Test Training where the chef returns to help your staff plan for and prepare recipes on a sampling day
- Request a Live-Setting Culinary training for this menu to have chef support on the day of service

SAY: If you're interested in offering the *Build-Your-Own Stir-Fry Bowl* we've created today, your director can request the Taste Test and Live-Setting Culinary Trainings where I will spend the day with you to prepare and serve some of these recipes to your students.

III. Conclusion

5 minutes

SAY: The foods we prepared today are likely to excite and satisfy your students because they are trendy, fresh, and healthy. For many students, school lunch is the most balanced meal of the day in their diet. By incorporating Asian-inspired recipes in school meals, students may be more willing to try the new foods because many of them are familiar with these popular flavors. And by offering a greater variety of foods to your students they can create healthy eating habits that could last a lifetime.

ASK: Are there any questions?

DO: Instruct participants to complete the **Check Your Knowledge** post-workshop questions as well as the Workshop Evaluation; collect completed items prior to distributing certificates.

DO: Instruct participants to put leftover food away and clean up their stations.

BACK TO BASICS: ASIAN FUSION

CHECK YOUR KNOWLEDGE! ANSWER KEY

- 1. Which of the following is a benefit of scratch cooking in schools?**
 - a. It reduced the amount of highly processed foods served
 - b. It can lower the cost of school meals
 - c. It can inspire students to develop lifelong healthy habits
 - d. **All of the above**
- 2. The French term *mise en place* (pronounced meez ahn plahs) means:**
 - a. To add a slightly salty, savory sauce to a meat to help it retain moisture
 - b. To have several people standing in place next to each other with each person in charge of one step in the cooking process
 - c. **To have all your ingredients and cooking station in place BEFORE you begin cooking.**
- 3. Which of the following can a balanced Eastern Asian diet provide?**
 - a. Protective antioxidants from the spices, herbs, and citrus fruits
 - b. Heart-healthy fats from sources like peanut oils
 - c. Vegetarian sources of protein like tofu
 - d. **All of the above**
- 4. Eastern Asian countries include:**
 - a. Japan
 - b. Vietnam
 - c. Pakistan
 - d. **A and B**
- 5. How many days in advance can Napa Cabbage be shredded and stored in the refrigerator?**
 - a. None- it should be used the same day it is shredded
 - b. 1-2 days
 - c. **3-5 days**
 - d. 2 weeks
- 6. What is a benefit of tofu?**
 - a. It is relatively inexpensive
 - b. It lasts for weeks unopened in the refrigerator
 - c. It can be used raw or cooked
 - d. **All of the above**
- 7. How many days in advance can red bell peppers be sliced and stored in the refrigerator?**
 - a. None- it should be used the same day it is sliced
 - b. **1-2 days**
 - c. 3-5 days
 - d. 2 weeks
- 8. What is the difference between the green and white part of a scallion?**
 - a. Only the green part should be eaten
 - b. Only the white part should be eaten
 - c. **The white end is usually sharper tasting and better used for cooking while the green ends are very mild and often used raw as a garnish**
 - d. The green end is usually sharper tasting and better used for cooking while the white ends are very mild and often used raw as a garnish

Your Opinion Counts!

1. Please check the box that best describes your position:

- Cook/Staff Cashier School Nutrition Manager School Nutrition Assistant Director
 School Nutrition Director Other (specify your title) _____

2. Please check the box that best describes your opinion about today's workshop.

Table 1

	strongly agree	agree	neither agree or disagree	disagree	strongly disagree
The instructor was knowledgeable and professional.					
The workshop was an interactive learning experience.					
The activities were helpful to reinforce my learning.					
The handouts were useful.					

3. Please share your comments about today's workshop:

4. Please share any additional content or activities for this workshop topic that would improve your learning:

Thank you!

Asian Rainbow Slaw

Recipe HACCP Process: #1 No Cook

Serving Size: ½ cup

Yield: 12

Source: JSI Back to Basics: Asian Fusion Recipe (adapted from: Vermont Farm to School Network)

Ingredients:

Ingredient Name	Measurements
Vinegar, rice	2 Tbsp
Oil, sesame	1 Tbsp
Soy sauce, reduced sodium	1 Tbsp
Sugar, granulated	1 Tbsp
Cabbage, Napa, raw, shredded	2 cups + 2 tsp
Carrots, raw, grated	2 cups
Cabbage, red, raw, shredded	2 cups

**Note: Choose USDA foods whenever available to save on cost.*

***Sesame oil can be substituted with vegetable or olive oil if there is a concern of an allergy.*

Instructions:

1. To make the dressing, add vinegar, sugar, soy sauce, and sesame oil to a bowl and whisk together until the sugar is dissolved.
2. Add the carrots and cabbage to a large bowl and toss with dressing.
3. Refrigerate and allow to marinate for at least one hour before serving.
4. Refrigerate until served.
5. Hold for cold service at 41° F or lower.

Nutritional Analysis:

Nutrients	Amount based on one serving
Calories	29.46 kcal
Total Fat	1.21 g
Saturated Fat	0.17 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	103.88 mg
Total Carbohydrate	4.41 g
Dietary Fiber	1.06 g
Total Sugars	2.75 g
Protein	0.57 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*

Chicken Teriyaki

Recipe HACCP Process: #2 Same Day Service

Serving Size: 2 oz.

Yield: 12

Source: JSI Back to Basics: Asian Fusion Recipe (*adapted from: Taste of Home*)

Ingredients:

Ingredient Name	Measurements
Chicken breast, raw, boneless, skinless	2 lbs
Scallions, medium	2 stalks
Soy sauce, reduced sodium	¼ cup
Sugar, granulated	3 Tbsp
Vinegar, rice	2 Tbsp
Garlic, jarred, minced	2 tsp
Sesame seeds, toasted, unsalted**	1 Tbsp
Pepper, black, ground	¼ tsp
Teriyaki sauce (JSI recipe; prepared separately)	¼ cup
Cooking Spray	As needed

**Note: Choose USDA foods whenever available to save on cost.*

***Note Sesame seeds can be eliminated if there is concern of an allergy.*

Instructions:

1. Filet chicken breast to ½ inch thickness, then cut into ½ inch strips.
2. In a large re-sealable plastic bag, combine the scallions, soy sauce, sugar, vinegar, garlic, sesame seeds, and black pepper.
3. Add the chicken and seal the bag to turn and coat. Refrigerate for at least 30 minutes or until served.
4. Drain and discard marinade. Spray pans generously with cooking spray. Place chicken on a sheet pan and bake at 425°F for 15-20 minutes or until chicken reaches internal temperature of 165°F for at least 15 seconds.
5. Top cooked chicken with teriyaki sauce and sesame seeds.
6. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Amount based on one serving
Calories	71.48 kcal
Total Fat	1.75 g
Saturated Fat	0.58 g
Trans Fat	0.00 g
Cholesterol	22.93 mg
Sodium	358.01 mg
Total Carbohydrate	4.40 g
Dietary Fiber	0.21 g
Total Sugars	3.23 g
Protein	9.36 g

Meal Component Information:

Meal Components	Amount
Meat/Meat Alternate	2 oz equivalent

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*

Chinese Noodles

Recipe HACCP Process: #2 Same Day Service

Serving Size: 1 cup

Yield: 12

Source: JSI Back to Basics: Asian Fusion Recipe

Ingredients:

Ingredient Name	Measurements
Linguine, whole grain, dry	1 lb + 8 oz
Water	½ gallon
Oil, sesame**	2 Tbsp
Ginger, dried, ground	2 tsp
Salt	1 tsp
Sesame seeds, toasted, unsalted**	¼ cup

*Note: Choose USDA foods whenever available to save on cost.

**Note: Sesame oil can be substituted with olive oil and sesame seeds can be eliminated if there is a concern of an allergy.

Instructions:

1. Cook pasta according to package instructions.
2. Drain pasta and toss in sesame oil, ginger, and salt.
3. Sprinkle seasoned pasta with sesame seeds.
4. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Amount based on one serving
Calories	128.02 kcal
Total Fat	4.41 g

Nutrients	Amount based on one serving
Saturated Fat	0.65 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	217.58 mg
Total Carbohydrate	19.15 g
Dietary Fiber	3.15 g
Total Sugars	0.52 g
Protein	3.87 g

Meal Component Information:

Meal Components	Amount
Grain	2 oz equivalent

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of “John C. Stalker” as the district.*

Confetti Fried Rice

Recipe HACCP Process: #2 Same Day Service

Serving Size: 1 ¼ cup

Yield: 12

Source: JSI Back to Basics: Asian Fusion Recipe (*adapted from: Nutritious Eats*)

Ingredients:

Ingredient Name	Measurements
Rice, brown, long-grain, parboiled, dry	3 ½ cup + 2 Tbsp (28oz)
Water	9 ½ cups
Vegetable oil, canola	3 Tbs + ¾ tsp
Garlic, jarred, minced	1-1/8 tsp
Ginger dried ground	¼ tsp
Onions, raw, chopped	½ cup
Peas & carrots, frozen	2 cups + 3 Tbsp (10oz)
Eggs, whole, raw (beaten)	2 ¼ large eggs (3.75oz)
Soy sauce, reduced sodium	3 Tbsp + ¾ tsp

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Cook brown rice in steamer with 2 cups of water.
2. In a large non-stick skillet, heat oil, then add garlic, ginger, and onions. Cook for 1-2 minutes or until fragrant.
3. Add frozen peas and carrots to the skillet and cook for 2 minutes or until warm. Move the vegetables to one side of the skillet and scramble the eggs on the other side of the skillet.
4. Add the cooked rice to the skillet and stir to combine all ingredients. Add the soy sauce and stir.
5. Heat to 140°F or higher for at least 15 seconds.
6. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Amount based on one serving
Calories	260.96 kcal
Total Fat	6.55 g
Saturated Fat	0.59 g
Trans Fat	0.01 g
Cholesterol	33.82 mg
Sodium	321.45 mg
Total Carbohydrate	43.99 g
Dietary Fiber	3.27 g
Total Sugars	0.22 g
Protein	7.81 g

Meal Component Information:

Meal Components	Amount
Meat/Meat Alternate	0.25 oz equivalent
Grain	2 oz equivalent
Vegetable	0.125 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*

Crispy Tofu

Recipe HACCP Process: #2 Same Day Service

Serving Size: 4.4 oz.

Yield: 12

Source: JSI Back to Basics: Asian Fusion Recipe (*adapted from: delishknowledge.com*)

Ingredients:

Ingredient Name	Measurements
Tofu, raw, extra firm	3 lb + 8 oz.
Oil, olive	¼ cup
Soy sauce, reduced sodium	¼ cup
Cornstarch	¼ cup

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Wrap the tofu in a kitchen towel or paper towels and place a heavy object on top, like a pan with a can of beans. Let the tofu drain for at least 30 minutes, ideally overnight.
3. Unwrap the tofu and cube into 1-2-inch pieces, then place in a large bowl. Toss with the oil, soy sauce, and cornstarch until the tofu is evenly coated.
4. Place on the baking sheet and bake for 15-20 minutes, flipping half-way through, until golden brown and crispy.
5. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Amount based on one serving
Calories	243.63 kcal
Total Fat	16.04 g
Saturated Fat	2.29 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	361.75 mg
Total Carbohydrate	6.62 g
Dietary Fiber	3.07 g
Total Sugars	0.00 g
Protein	23.17 g

Meal Component Information:

Meal Components	Amount
Meat/Meat Alternate	2 oz equivalent

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*

Mandarin Fruit Salad

Recipe HACCP Process: #1 No Cook

Serving Size: ½ cup

Yield: 12

Source: JSI Back to Basics: Asian Fusion Recipe

Ingredients:

Ingredient Name	Measurements
Mandarin oranges, canned, packed in 100% juice, drained	1 ½ lb
Pineapple, fresh or canned, packed in 100% juice, drained	1 ½ lb
Coconut, dried, unsweetened, shredded	½ cup + 1 ½ Tbsp

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Drain mandarin oranges and pineapple. Transfer to hotel pan.
2. Top mixed fruit with shredded coconut.
3. Refrigerate until served.
4. Hold for cold service at 41°F or lower.

Nutritional Analysis:

Nutrients	Amount based on one serving
Calories	75.92 kcal
Total Fat	1.26 g
Saturated Fat	1.12 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	15.63 mg
Total Carbohydrate	16.88 g
Dietary Fiber	1.58 g
Total Sugars	15.08 g
Protein	0.80 g

Meal Component Information:

Meal Components	Amount
Fruit	0.5 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*

Sesame-Roasted Green Beans

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 12

Source: JSI Back to Basics: Asian Fusion Recipe (adapted from: Vermont Farm to School Network)

Ingredients:

Ingredient Name	Measurements
Green beans, fresh	2 ½ lb
Vegetable oil, canola	1 Tbsp
Salt	1 tsp
Pepper, black, ground	¼ tsp
Sesame seeds, toasted, unsalted**	2 Tbsp

**Note: Choose USDA foods whenever available to save on cost.*

***Note: Sesame seeds can be eliminated if there is a concern of an allergy.*

Instructions:

1. Preheat the oven to 375°F.
2. Trim green beans. Spread in a single layer on a sheet pan and drizzle with oil, salt, and black pepper. Toss to coat.
3. Bake for 10 minutes.
4. Stir sesame seeds into pan and bake for another 1-2 minutes.
5. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Amount based on one serving
Calories	34.78 kcal
Total Fat	1.91 g
Saturated Fat	0.19 g
Trans Fat	0.01 g
Cholesterol	0.00 mg
Sodium	304.22 mg
Total Carbohydrate	3.53 g
Dietary Fiber	1.77 g
Total Sugars	0.01 g
Protein	0.27 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*

Stir-Fry Vegetables

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 12

Source: JSI Back to Basics: Asian Fusion Recipe (*adapted from: McCormick*)

Ingredients:

Ingredient Name	Measurements
Onions, raw, sliced	2 2/3 cup
Carrots, raw, sliced	1 1/3 cup
Vegetable oil, canola	1 1/3 Tbsp
Broccoli, raw, florets	5 ½ cup
Peppers, sweet, bell, red, raw, sliced	2 2/3 cup
Soy sauce, reduced sodium	1 1/3 Tbsp
Garlic powder	1 ½ tsp
Ginger, dried, ground	½ tsp
Sesame seeds, toasted, unsalted (optional)	2 ½ tsp

**Note: Choose USDA foods whenever available to save on cost.*

***Note: Sesame seeds can be eliminated if there is a concern of an allergy.*

Instructions:

1. Heat the oil in a large deep skillet on medium-high heat.
2. Add onions and carrots and stir fry for 2 minutes.
3. Add remaining vegetables and stir-fry for 5 minutes or until vegetables are tender-crisp.
4. Add soy sauce, garlic powder, ginger, and stir to blend.
5. Sprinkle with sesame seeds, if desired.
6. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Amount based on one serving
Calories	54.72 kcal
Total Fat	2.14 g
Saturated Fat	0.23 g
Trans Fat	0.01 g
Cholesterol	0.00 mg
Sodium	139.09 mg
Total Carbohydrate	8.25 g
Dietary Fiber	2.41 g
Total Sugars	3.28 g
Protein	2.03 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*

Teriyaki Sauce

Recipe HACCP Process: #3 Complex Food Preparation

Serving Size: 2 Tbsp

Yield: 12

Source: JSI Back to Basics: Asian Fusion Recipe (*adapted from: tasteandtellblog.com*)

Ingredients:

Ingredient Name	Measurements
Water	1 cup
Sugar, brown, light, packed	6 Tbsp
Soy sauce, reduced sodium	¼ cup
Garlic, jarred, minced	½ tsp
Ginger, dried, ground	½ tsp
Cornstarch (for slurry)	2 Tbsp
Water (for slurry)	¼ cup

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Combine water, brown sugar, soy sauce, garlic, and ginger in a medium saucepan and set over medium heat.
2. In a small bowl, combine the cornstarch with ¼ cup water for a slurry, and whisk until dissolved. Add the cornstarch slurry to the saucepan.
3. Heat the sauce until it thickens to your desired thickness. If the sauce becomes too thick, add more water to thin it out.
4. Refrigerate until served.
5. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Amount based on one serving
Calories	35.01 kcal
Total Fat	0.01 g
Saturated Fat	0.00 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	346.00 mg
Total Carbohydrate	8.61 g
Dietary Fiber	0.03 g
Total Sugars	0.01 g
Protein	0.35 g

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*



Culinary Principles

There are several culinary techniques used to prepare vegetables, including steaming, stir-frying, roasting, boiling, sautéing, and others. A recipe will describe the right culinary technique as part of the directions. By using the right culinary technique, a foodservice professional can be sure to

- maintain the nutrients in the vegetable and
- meet the quality standards for the vegetable.

The culinary technique explains the step-by-step method to prepare the vegetable. However, foodservice professionals need to know why the steps should be completed a certain way. Basic principles of vegetable preparation explain why.

Basic Principles of Cooking Vegetables to Maintain Nutrients

Cook vegetables in the smallest amount of liquid possible.

Vegetables have some vitamins that dissolve in water and are lost when the cooking liquid is discarded. Water soluble vitamins are vitamins that dissolve in water. The common water soluble vitamins are C and the B vitamins riboflavin, thiamin, and niacin.

Cook vegetables the shortest amount of time for the desired tenderness.

Vegetables have some vitamins that are destroyed by heat so long cooking means they provide less vitamins.

For vegetables that have a skin, scrub well and cook with the skin on whenever possible. If the vegetable must be peeled, peel as thinly as possible.

Vegetables usually have a valuable layer of nutrients which is right under the skin. Peeling can remove many nutrients. (Examples: potatoes, carrots, parsnips, turnips.)

When vegetables are cut, use a sharp blade and cut in the largest pieces that are desirable for the recipe. Pieces should be uniform to allow for even cooking. Large pieces help preserve the nutrient content of the vegetable.

A sharp blade in a piece of equipment or a knife will make a clean cut instead of bruising the vegetable. Bruising causes a rapid loss of vitamin C from some green, leafy vegetables such as cabbage and other greens.

Follow the recipe or directions for cooking a vegetable.

Recipes and general directions for cooking a vegetable are based on using the right culinary technique. Adding some ingredients actually destroys certain nutrients. For example, adding baking soda to green vegetables during cooking destroys some B vitamins as well as vitamin C.

Cook vegetables just-in-time for service on the line.

Holding vegetables after cooking causes loss of nutritive value and quality. Plan food production so that vegetables can be cooked and immediately placed on the serving line. Remember that cooking will continue when the vegetable is placed on the steam table. Vegetables are best when they are held for less than 20 minutes.



Back to Basics: Asian Fusion

Team Assignments

Team 1

Chicken Teriyaki
Teriyaki Sauce
Chinese Noodles

Team 2

Crispy Tofu
Confetti Fried Rice

Team 3

Sesame Roasted Green Beans
Asian Rainbow Slaw

Team 4

Stir-Fry Vegetables
Mandarin Fruit Salad

Team Cooking Recipe Report

(Complete for each recipe produced)

Original Name of Recipe:	New Suggested Name (optional):
Execution of Recipe: a. Describe overall steps of recipe preparation. b. How difficult was the recipe to produce?	
Batch Cooking: a. How can the recipe be batch cooked? b. Are there steps that could be done in advance to save time?	
Substitutions or Changes: a. Could you make any substitutions for the listed ingredients? b. Would you make any changes to the recipe to meet your site(s) needs better?	
Display Method: a. How would you display this item on the service line (consider pan size, garnishes, etc.)	
Use in Program: a. Would you use this recipe in your school program? If so, how?	
Service Method: a. What would you serve this item with? b. What serve ware would you use?	








Vegetables Component

Minimum Requirements for Schools

LUNCH

Grades	Daily	Weekly
K-5	$\frac{3}{4}$ cup	3 $\frac{3}{4}$ cups
6-8	$\frac{3}{4}$ cup	3 $\frac{3}{4}$ cups
9-12	1 cup	5 cups

						Additional vegetables to meet weekly requirements
Grades	Dark Green	Red/Orange	Legumes	Starchy	Other	
K-5	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
6-8	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
9-12	$\frac{1}{2}$ cup	1 $\frac{1}{4}$ cups	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups

- Minimum creditable serving is $\frac{1}{8}$ cup.
- 1 cup of leafy greens counts as $\frac{1}{2}$ cup of vegetables.
- Credit beans/peas (legumes) as EITHER vegetables or meats/meat alternates, not both.
- The other vegetables requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups.
- Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
- Larger amounts of these vegetables may be served.
- No more than half of the fruit or vegetable offerings may be in the form of juice.
- All juice must be 100% full-strength.

Note: At breakfast, vegetables may be substituted for fruits, but the first 2 cups per week of any such substitution must be from the dark green, red/orange, beans/peas (legumes), or other vegetables subgroups.

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07/12/2023



Fruits Component

Minimum Requirements for Schools

BREAKFAST

Grades	Daily	Weekly
K-5	1 cup	5 cups
6-8	1 cup	5 cups
9-12	1 cup	5 cups

LUNCH

Grades	Daily	Weekly
K-5	½ cup	2 ½ cups
6-8	½ cup	2 ½ cups
9-12	1 cup	5 cups

- Types of fruit include fresh, frozen, canned (in 100% fruit juice), dried, and juice.
- Minimum creditable serving is ⅓ cup.
- ¼ cup of dried fruit counts as ½ cup of fruit.
- No more than half of the fruit or vegetable offerings may be in the form of juice.
- All juice must be 100% full strength.

Note: At breakfast, vegetables may be substituted for fruits, but the first 2 cups per week of any such substitution must be from the dark green, red/orange, beans/peas (legumes), or other vegetables subgroups.



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02/28/2023



Grains Component

Minimum Requirements for Schools

BREAKFAST

Grades	Daily	Weekly
K-5	1 oz eq	7-10 oz eq
6-8	1 oz eq	8-10 oz eq
9-12	1 oz eq	9-10 oz eq

LUNCH

Grades	Daily	Weekly
K-5	1 oz eq	8-9 oz eq
6-8	1 oz eq	8-10 oz eq
9-12	2 oz eq	10-12 oz eq

- At least 80% of grains offered weekly at lunch and breakfast must be whole grain-rich; the remaining grain items offered must be enriched.
- Up to 2 oz eq grains per week may be credited in the form of a grain-based dessert.

Note: At breakfast, schools may substitute 1 oz eq of grains after the minimum daily requirement is met.



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Meats/Meat Alternates Component

Minimum Requirements for Schools

LUNCH

Grades	Daily	Weekly
K-5	1 oz eq	8-10 oz eq
6-8	1 oz eq	9-10 oz eq
9-12	2 oz eq	10-12 oz eq

- There is no meats/meat alternates requirement for breakfast. Schools may substitute 1 oz eq of meats/meat alternates for 1 oz eq of grains after the minimum daily grains requirement is met. A school may also offer meats/meat alternates as an extra food and not credit the item toward any component.
- Credit beans/peas (legumes) as EITHER vegetables or meats/meat alternates, not both.



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