



# Video Clips to Accompany Lessons

## **Introduction to Preparing Healthy School Meals**

Mise en Place

## **Preparing Fruits**

Preparing Fresh Fruits  
Preparing Fruit Side Dishes  
Baked Fruit Dishes  
Preparing Fruit Sauce

## **Preparing Vegetables**

Steamed Vegetables  
Stir-Fried Vegetables  
Oven-Baked Potatoes  
Roasted Vegetables

## **Preparing Salads**

Green Salads  
Fruit Salads  
Vegetable Salads  
Potato Salads  
Pasta and Grain Salads  
Legume Salads  
Protein Salads  
Composed Salads  
Blanching Vegetables  
Using the Chef's Knife

## **Preparing Meat, Poultry, and Fish**

Sautéing  
Roasting and Baking  
Braising and Stewing

## **Preparing Sandwiches**

Cold Sandwiches  
Wraps  
Pocket Sandwiches  
Toasted Sandwiches

## **Preparing Dry Beans and Peas**

Quick Soak - Beans  
Overnight Soak - Beans  
Using Canned Beans

## **Preparing Pasta, Rice, and Grains**

Boiling Pasta  
Cooking Rice  
Simmering Grains

## **Preparing Soups**

Clear Soup  
Thick Soup

## **Preparing Dairy Products**

Cheese Sauce  
Tips for Cooking Cheese

## **Preparing Eggs**

Hard Cooked Eggs  
Scrambled Eggs

## **Preparing Sauces**

Making a Roux  
Making a Slurry  
Fruit Coulis  
Vegetable Sauces

## **Preparing Cakes, Cookies, and Pastry**

Cookies  
Cakes  
Pastry Dough

## **Preparing Yeast Breads**

Bread Rolls - Yeast

## **Preparing Quick Breads**

Quick Breads - Muffins  
Quick Breads - Biscuit

## **Seasonings**

Herb and Spice Selection  
Herb and Spice Usage  
Enhancing Flavors

