

No Time to Train

Short Lessons for School Nutrition Assistants

Fruit Preparation

LESSON OVERVIEW

Lesson Participants: School Nutrition assistants/technicians/food preparation staff

Type of Lesson: Face to face hands-on session in kitchen fruit and vegetable production area. Consider space availability when scheduling training; it is recommended to assign no more than 8 participants per session.

Time Needed to Conduct Lesson: 15 minutes

Lesson Description: In this lesson, participants will learn techniques for safe preparation of four fresh fruits common for school meals – apples, cantaloupes, grapes, and oranges. Instruction will include elements of successful merchandising, utilizing knife skills, and presentation techniques.

Lesson Objectives:

At the end of this lesson, participants will be able to:

1. Prepare and merchandise common fruits safely and efficiently.
2. Confidently use effective cutting tools to improve productivity and merchandising.

GET READY TO TEACH

Review the preparation checklist and make a plan to gather all supplies. Review video clips and resources. Online video clips from NC K-12 Culinary Institute (Knife Skills & Removing Grapes from Stem) and preparing fruits and vegetables from the Institute of Child Nutrition (ICN) can be found: <http://www.doe.in.gov/nutrition/indiana-no-time-train-lesson-plans>

Also, read USDA Best Practices Produce Handling fact sheet posted on United States Department of Agriculture Food and Nutrition Services (USDA FNS) found: <http://www.doe.in.gov/nutrition/indiana-no-time-train-lesson-plans>.

No Time to Train

Short Lessons for School Nutrition Assistants

PREPARATION/PLANNING CHECKLIST

Use this Preparation Checklist to prepare for the training session. Track your progress by checking off tasks as they are completed.

| Done <input checked="" type="checkbox"/> | Tasks |
|---|--|
| | Before the Training |
| <input type="checkbox"/> | Review video clips <i>Knife Skills</i> and <i>Removing Grapes</i> from NC and <i>Fruit Preparation</i> from ICN. |
| <input type="checkbox"/> | Prepare Certificates of Completion, if desired. |
| <input type="checkbox"/> | Create a sign-in sheet to record attendance at the in-service. |
| <input type="checkbox"/> | Copy Evaluation Form for completion by each participant and gather pencils. |
| | On Training Day |
| <input type="checkbox"/> | Remind participants of scheduled training. |
| <input type="checkbox"/> | Set up work stations in kitchen with anchored cutting boards (damp cloth underneath if cutting boards do not have traction with rubber edges). Identify a work station for each participant. |
| <input type="checkbox"/> | Place chef knife, waste tray for drop delivery and pan for product at each station. |
| <input type="checkbox"/> | Provide one orange for each participant. |
| <input type="checkbox"/> | Leave a copy of session evaluation and a pencil by each work station. |
| | On the Instructor's Table located by Production Sink |
| <input type="checkbox"/> | Instructor Script |
| <input type="checkbox"/> | Fruit sectionizer, if available |
| <input type="checkbox"/> | Chef knife and anchored cutting board |
| <input type="checkbox"/> | 1 apple, 1 cantaloupe, 1 orange, 1 bunch of red seedless grapes, and a bowl of lemon juice |
| <input type="checkbox"/> | 2 or 4-inch perforated pan OR a colander |
| <input type="checkbox"/> | Garbage container for culled cantaloupe |

No Time to Train

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LESSON AT A GLANCE

(15 minutes)

| Time | Topic | Task | Materials |
|-----------|--|--|---|
| 1 minute | Introduction and Overview | <p>Instructor will explain importance of fruit consumption and why it is important to offer products that are safe to eat, fresh and good for you, and well merchandised for eye appeal.</p> <p>Instructor will share that today's lesson will demonstrate washing techniques and include practice preparation of popular fruits – apples, cantaloupes, grapes, and oranges.</p> | Instructor's Script |
| 1 minute | Demonstration of removing grapes from stem | <p>Wash hands and don gloves.</p> <p>Gently rub grapes between hands over perforated pan.</p> | 1 Bunch of grapes |
| 3 minutes | Demonstration of fruit washing | <p>Wash apples and oranges – under running water.</p> <p>Wash melon using designated produce/vegetable brush as netting holds dirt and the knife will cut through and contact edible portion.</p> <p>Wash grapes under running water (after removing from stem).</p> | <p>Apples and oranges</p> <p>Cantaloupe</p> <p>Grapes after taken from stem</p> |
| 6 minutes | Demonstration of cutting techniques with knife, use of drop delivery for waste and finished product discussing importance of proper set up – | <p>The instructor will:</p> <ul style="list-style-type: none"> • Show grip on knife • Demonstrate how to wedge apples – use chef knife or Sectionizer • Make sunshine orange smiles • Prepare cantaloupe cubes | <p>Chef knife</p> <p>Sectionizer</p> <p>Apples</p> <p>Orange</p> |
| 3 minutes | Practice | <p>The participant will:</p> <ul style="list-style-type: none"> • Practice cutting orange into smiles • Receive feedback and technical assistance from instructor | |
| 1 minute | Wrap Up | <p>Recap key points.</p> <p>Participants complete evaluation</p> | Evaluation Form |

No Time to Train

Short Lessons for School Nutrition Assistants

Resources and references:

- North Carolina K-12 Culinary Institute Knife Skills Video Clip available at <http://childnutrition.ncpublicschools.gov/continuing-education/nc-k-12-culinary-institute>
- Other video clips on preparing fruits and vegetables can be found at the Institute of Child Nutrition (ICN) web site: <http://www.theicn.org/ResourceOverview.aspx?ID=512>
- USDA Best Practices Produce Handling and the ICN Produce Safety University materials available at <http://www.nfsmi.org/ResourceOverview.aspx?ID=394>

No Time to Train

Short Lessons for School Nutrition Assistants

INSTRUCTOR SCRIPT

SAY: I am glad you are here to learn about ways to better handle and merchandise fruit selections. We will review how to wash and prepare four popular fruits: apples, cantaloupes, grapes, and oranges.

Note to Instructor: Gather participants in front of the produce washing sink.

SAY and DO: When washing produce, be sure to work with clean hands. So, first wash hands and don clean gloves. To easily remove grapes from the stem, hold the bunch between both hands and rub back and forth, twisting many grapes from the stem at one time. After removing, rinse grapes under running water.

SAY and DO: Always wash fresh produce under running water before preparation and allow to drain in a perforated pan or colander. Be sure produce is cool. Rinsing is best for smooth skinned fruits, but scrub fruits with rough outer surfaces, like melons, with a vegetable brush. This brush is used **ONLY** for fruit or vegetable cleaning. Even though we won't be serving the peel, it should be cleaned because the knife will cut through to the edible portion or the peel may touch other foods when unpeeled melon wedges are placed on student trays. Once fresh produce is rinsed, gloves should be worn to prevent bare hand contact with ready to eat foods.

ACTIVITY:

DO and SAY: Watch while I demonstrate effective ways to hold these cutting tools. A chef knife or a utility knife can make quick work of this cutting; these are much more effective than a paring knife because of the blade length. Holding the knife properly will make work much easier.

Note to Instructor: Demonstrate proper holding of a chef knife as in the photo below:



SAY: Because we are now working with ready to eat foods, we must wear gloves to prevent cross contamination.

SAY and DO: It's easier and faster to wedge the apples using a machine such as this fruit sectionizer. When cutting wedges with a chef's knife, cut in half, then cut into quarters and remove the seed core

No Time to Train

Short Lessons for School Nutrition Assistants

by cutting on the diagonal. Be sure to dip the wedges in an acid such as lemon and pineapple juice immediately after cutting to avoid browning.

SAY and DO: When making orange wedges, cutting through the diameter of the orange rather than the stem avoids the bitter, white pith down each slice *and* results in a smile! Doesn't this look better?

SAY and DO: Fabrication of melons is not hard. Remove the top and bottom of the melon, and stand the melon up on the board on one of the cut ends. Now you can see the thickness of the rind. Using a chef knife, cut the rind in strips from the top cut end to the bottom cut end. Place your cutting board at the edge of the work table and place a garbage can below to make it easy to drop the strips of melon rind into the garbage. Next, halve the melon, scoop out the seed waste, and you're ready to wedge or cube. Place a flat tray next to your board for chop and drop. You may need to place your board on an upside down sheet pan or stack your boards to allow height above the tray for taller employees. It is important to keep cut fruit 41 degrees F. or below, so we should keep each pan of prepared fruit in the refrigerator until service.

SAY: Now, each of you should find a work station set up so there is a place for fruit waste, a place to cut with the cutting board anchored to the table so it won't run away while working, and a place for the processed fruit. Having the *mise en place* makes preparation go much faster! Now that you have seen how it is done, let's practice. Each of you, please cut an orange into smiley face presentation, which the kids love.

Note to Instructor: *If menu or time allows, participants may prepare melon cubes as additional practice. CCP: Hold cut melons at 41° F or below.*

SAY: Holding the chef's knife may feel awkward at first but as you practice, you will develop speed and skill.

DO: Have participants practice; provide technical assistance and coaching as needed.

SAY: It is time to wrap up our session. Thanks for taking the time to practice. These new techniques should help make your work easier and increase meal appeal to our students. Today you earned 15 minutes of Food Production (2100) Training. Be sure you signed the roster and file your Certificate of Completion with other training documents.