

FOOD PREP INSTRUCTIONS

Lesson #3: Cooking with Beneficial Fats

Always wear gloves
Make sure your teacher gets a sample

Standard sample: _____

Preparation: _____

Storage: _____

Portion size: _____

Standard Food Sample Ingredients

Food Item #1: _____

Food Item #2: _____

Food Item #3: _____

⊗ ALLERGY INFORMATION: Prepare special food items separate to avoid cross contamination

Substitute Food Sample Ingredients:

Replacement Food Item #1: _____

Replacement Food Item #2: _____

Replacement Food Item #3: _____

- **Peanut/tree nut or seed allergies** – Replacement food or omission
- **Dairy allergy** – Replacement food or omission
- **Soy allergy** – Replacement food or omission
- **Corn allergy** – Replacement food or omission
- **Wheat and gluten allergy** – Replacement food or omission
- **Vegetarian** – Replacement food or omission
- **Other** – Replacement food or omission

Food Handling Guidelines

Hair: Should be tied back or covered with a hat.

Wash hands: Wash hands with soap and warm water before handling any food.

Gloves: Use disposable gloves at all times when handling food.

Food prep: Always prep on campus; make sure all surfaces are cleaned; use cutting boards for preparations.

Produce: Always wash produce before serving.

Food Storage: Perishables are refrigerated at all times; use an iced cooler for transportation of food.

Food and related items: Should never be set on the floor.

Allergy Guidelines

GrowingGreat takes food allergies, sensitivities and dietary preferences (such as kosher or vegetarian) very seriously. Some food allergies, such as peanut allergy, can be fatal. Please review the following policy to stay in compliance with all requirements. Assistants should also read this document prior to assisting in the classroom.

Prior to starting the first classroom nutrition lesson, talk to the parents of any student with special food requirements to understand the issues. Please encourage them to assist in the classroom with you. Let them know you will contact them prior to each lesson to review the foods being served.

To learn more about food allergies you can refer to: <http://www.foodallergy.org/alerts.html>

- 1. Call parents of child with any special food requirements prior to EACH of the 5 lessons**
 - a. Review food sample being served
 - b. Read ingredient list of standard food
 - c. Read ingredient list of replacement food (or review plan to omit, where applicable)
 - d. Keep a written record of your conversation with the date, name of parent and any special requests they may have
- 2. Classroom assistants**
 - a. Must read this document
 - b. Meet with docent prior to each lesson to review allergy food, substitutions, other special instructions
- 3. Prepare all food on campus**
 - a. This is a district requirement
 - b. Reduces the chances of accidental cross contamination such as peanut/tree nut residue
- 4. Prepare replacement food first**
 - a. Serve child with special food requirements first
 - b. Do not let this food come in contact with standard food sample
- 5. Changing docents/substitutes**
 - a. Get chairperson's approval
 - b. Review allergies in classroom
 - c. Call parents of any child with allergies to inform them of the change and provide contact information

Examples of common food allergies/sensitivities

Gluten intolerance – contained in most grains such as wheat, oats, spelt

Dairy – casein or lactose, found in dairy products made from animal sources such as cow, goat or sheep

Peanuts and tree nuts – these are never used in a lesson

a. If a product package says “processed in a facility that uses nuts” an allergy substitution is always offered

Corn

Soy

Eggs

Examples of dietary preferences

Vegetarian – eats no animal meats such as fish, beef, poultry, pork

Vegan – eats no animal meats AND no products from animals such as honey, eggs or dairy

Kosher – Conforms to religious dietary laws

SUGGESTED FOOD SAMPLE

Lesson #3: Cooking with Beneficial Fats

Standard sample

- Pre-washed ready-to-serve salad greens
- Olive oil
- Fresh lemons
- Fresh garlic cloves
- Sea salt
- Pumpkin seeds
- Whole grain roll
- Real butter
- Dijon mustard

Suggested preparation

Standard sample for 25-32 students - divide class into three groups:

- Dressing group: 1 bottle olive oil; 1 lemon; 2 cloves garlic; salt; dijon mustard
 - ◆ Keep oil in cool, non-sunny place
- Salad assembly: 1 box lettuce; 1 cup pumpkin seeds
 - ◆ Keep lettuce refrigerated
 - ◆ Lettuce is pre-washed and ready to serve
 - ◆ Wash lemons and cut in half prior to lesson
- Bread and butter: 8 rolls; 1 cube butter
 - ◆ Keep butter and rolls refrigerated
 - ◆ On lesson day, take out 2 hours prior to lesson to soften

Standard sample for 30-40 students

- Dressing group: : 1 bottle olive oil; 2 lemon; 4 cloves garlic; salt; dijon mustard
 - ◆ Keep olive oil in cool, non-sunny place
 - ◆ Give extra jar of dressing to teacher
- Salad assembly: 1 box lettuce; 1 cup pumpkin seeds
 - ◆ Keep lettuce refrigerated
 - ◆ Lettuce is pre-washed and ready to serve
 - ◆ Wash lemons and cut in half prior to lesson
- Bread and butter: 10 rolls; 1 cube of butter
 - ◆ Keep butter and rolls refrigerated
 - ◆ On lesson day, take out 2 hours prior to lesson to soften

Suggested portion

Each child receives 1 scoop tossed salad and 1/4 buttered roll