

# Food Sample Preparation Instructions

## Lesson #1: Feed Your Engines: Proteins, Fats, Carbohydrates

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- ☺ ☺ Always wear gloves ☺ ☺  
☺ ☺ Make sure your teacher gets a sample ☺ ☺

**Food sample:** Dr. Kracker Cracker, Cedar's Hummus, Cucumber

### Sample Size:

**3<sup>rd</sup> Grade (27 students per class):** 1 cucumber, 1 package Hummus (16 oz), 1 box of Dr. Kracker Snacker Crackers

**4<sup>th</sup>/5<sup>th</sup> Grades (36 students per class):** 1 cucumber, 1 package Hummus (16 oz), 1 box of Dr. Kracker Snacker Crackers

### Preparation:

- Wash and dry cucumber
- Slice cucumbers into ½ inch slices for the appropriate amount for your class size. For example, 32 students, you will slice the cucumber into 32 slices, plus any additional for teachers and teaching aids
- Open box of Snack Crackers
- Smear a small amount of hummus onto each cracker
- Top each cracker and hummus snack with a cucumber
- Distribute one cracker snack to each student

### Serving Size:

- 1 cracker topped with hummus and a slice of cucumber
- There will be a sufficient amount of food in each package for all your students. Each student will receive a taste of the food sample.

### Review:

- **Student Allergy Information:** Per district requirements, you must contact parent of any student with allergies and review ingredient information. Note parent name and day you spoke and keep a record.
- Review “Allergy Guidelines” document
- Prepare all food on campus (See “Allergy Guidelines” document for details)
- Prepare all allergy food plates *first* to avoid cross contamination of foods (See “Allergy Guidelines” document for details)

### Ingredient Information:

1. **Dr. Kracker Snacker Cracker:**
2. **Cedar's Original Hummus:** Fresh Steamed Chickpeas, Sunflower Oil, Olive Oil, Sesame Tahini, Water, Sea Salt, Citric Acid, Garlic, Guar Gum, Spices. Wheat & Gluten Free. **Keep Refrigerated.**
3. **Cucumber:** **Keep refrigerated in airtight container.**

## 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 food service gloves at all times when handling food

**Food prep:** Always prep on campus; make sure all surfaces are cleaned

**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 substitutions:

### **Tree nut or seed allergies**

- Omit hummus
- Omit Dr. Kracker Snacker Cracker

### **Egg Allergy**

- No substitutions

### **Dairy allergy**

- Omit hummus

### **Wheat and gluten allergy**

- Omit Dr. Kracker Snacker Cracker

### **Vegetarian**

- No substitutions

### **Vegan**

- No substitutions