

FOOD PREP INSTRUCTIONS

Lesson #3: Filling Up – What is a Serving Size?

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: Filling Up – What is a Serving Size?

In this lesson, students learn about serving sizes and how to identify appropriate serving sizes for processed foods and whole foods. Make sure you discuss the serving sizes of the food you choose to serve.

Standard sample

High-quality vegetarian chili. You can top each serving with a tortilla chip.

3rd Grade

- 4 cans vegetarian chili
- 1 bag tortilla chips

4th & 5th Grade

- 6 cans vegetarian chili
- 1 bag tortilla chips

Suggested preparation

Pour chili in pan, warm evenly. Serve in 2 ounce serving cups.
Top with a tortilla chip.

Suggested portion

2 ounce serving of vegetarian chili, 1 tortilla chip