

PROGRAM OUTLINE
CULINARY SKILLS FOR A+ SCHOOL MEALS

The School Nutrition Program Culinary Workshops, tentatively titled *Culinary Skills for A+ School Meals* will be a 5-day, 6-hour a day workshop. The workshop day will start at 8 am and finish at 3 pm. The morning section will be hands-on learning for the participant and the afternoon segment will be classroom learning.

Tentative Outline

	Monday	Tuesday	Wednesday	Thursday	Friday
8 am to 12 noon <i>Culinary skills</i>	Culinary basics Mise en place Knife skills	Cooking vegetables for greater appeal	Great grains	Build a better sandwich	Success with salads and salad bars
LUNCH 12 to 1 pm	LUNCH 12 to 1 pm	LUNCH 12 to 1 pm	LUNCH 12 to 1 pm	LUNCH 12 to 1 pm	LUNCH 12 to 1 pm
1 pm to 1:30 pm <i>Nutrition matters</i>	Nutrition in school meals	Nutrition of vegetables	Fiber and health	Reduce the sodium	Watch the fats
1:30 pm to 3 pm <i>Steps for a successful cafeteria</i>	Smarter Lunchroom techniques	Farm-to-school tour	Utilizing speed scratch (cost control)	Enhancing flavor in foods	Food safety and sanitation with salads and salad bars