



# Lunch Ladies to Chefs: Yes We Can!

Adam W. Simmons  
Child Nutrition Director  
Fayetteville Public Schools



# Culinary Skills for Schools

How to take your team members  
from “Lunch Ladies” to Culinary  
Professionals

# Culinary Training for Schools



- Sanitation
- Mise en Place (Everything in its Place)
- Knife Skills

# Sanitation



- Our enemy is a formidable one which is thought to take the lives of up to 10,000 Americans each year, with as many as another 84,000,000 victims of illness associated with food.
- A well designed food safety program protects your employees, staff and students. Your schools reputation will be secure and you will see increased job satisfaction among employees

# Why we should bother with Sanitation



- Responsibility to staff and students
- Good sanitation related to quality
- Profitability
  - Avoid loss of products
  - Avoid loss of reputation
  - Avoid litigation

# Food Quality



- Handling food safely helps preserve its appearance, flavor, texture, consistency, nutritional value and chemical properties.
- Food that is stored, prepared, and served properly is more likely to keep its fresh qualities.

# What is good Sanitation



- Latin word “*Sanitas*” meaning health.
- Wholesome food handled and prepared in a way that the food is not contaminated with diseases causing agents
- Three major categories
  - Food
  - People
  - Facilities and equipment

# Food and Good Sanitation



- Receiving Practices
  - Temperature
  - Cleanliness
  - Previous handling



# Food and Good Sanitation



- Storage
  - Temperature
  - Organization
    - FIFO (ie rotation of inventory)
    - Containers
    - Location

# Food and Good Sanitation



- Preparation and Service
  - Limit time in danger zone
  - Reach minimum temperatures
  - Avoid cross contamination

# People and Good Sanitation



- People pose the major risk to food safety
- Keys to success
  - Establish sanitation policies specific to job description
  - Recruitment and selection criteria
  - Orientation and training
  - Rule enforcement

# People and Good Sanitation



- Sanitation Exemplified by Management
  - Personal hygiene
  - Hair
  - Jewelry
  - Open wounds properly dressed
  - Hand washing
    - 25% of food contamination is transmitted through the hands
    - Micro-organisms can live up to 90 minutes on fingertips

# People and Good Sanitation



- Two types of germs may be found on hands
  - Native Germs
    - Staphylococci
  - Foreign Germs
    - Salmonellae
    - Shigellae
    - Clostrida

# People and Good Sanitation



- Correct Hand washing Procedure
  - Wet hands
  - Soap
  - Lather
  - Brush
  - Rinse
  - Towel dry

# Three Types of Food Contamination



- Biological
  - Disease causing micro organism
  - Bacteria, viruses, parasites and fungi
- Chemical
  - Pesticides and preservatives
  - Cleaning supplies and toxic metals
- Physical
  - Accidentally introduced
  - Dirt, hair, glass, metal, etc.

# Biological Hazard



- The most serious risk associated with food
- Dangers to food from a pathogenic (disease causing) micro organisms
- When these result in food borne illness they are classified as
  - Food borne infections
  - Food borne intoxications



# Chemical and Physical Hazard



- Chemical Hazard – 4 types
  - Food service chemicals
  - Excessive use of additives and preservatives
  - Acidic action of foods
  - Contamination of food with toxic metals
- Physical Hazard – is the danger posed by the presence of particles or items that are not supposed to be part of a food product (glass, metal, enamel, ect)

# HACCP (Hazard Analysis Critical Control Points)



- Developed in the 60's by Pillsbury for NASA
- Three main areas
  - Food safety
  - Wholesomeness
  - Economic fraud

# Mise en Place



- Mise en Place - a French term commonly used to express workspace organization, takes careful planning and anticipation of the entire task which the cook wishes to complete
- Workspace organization is an essential skill for all persons who wish to maximize their efficiency in the kitchen

# Mise en Place, Work Space Organization



- Oven turned on to required temperature
- Bain marie filled with spoons, ladles, tongs, ect
- Cutting board set and ready
- Chef knife and other cutlery ready
- Pan with tasting spoons
- Roll of paper towels and sanitation bucket
- All ingredients out and ready to work

# Mise en Place, Organization and Work Flow



- Table and cutting board at proper height
- Organization appropriate for individual preferences (right or left handed)
- Drop delivery system for end products and refuse
- Products maintained at appropriate temperatures (ie ice bath under perishables)

# Mise en Place



- Benefits of Mise en Place
  - Increased speed and efficiency
  - Professional appearance of work station
  - Sanitary conditions more easily maintained

# Knife Skills, Safety Rules



- A sharp knife is safer than a dull knife because it requires less pressure while cutting
- Use the correct size and type of knife for the job
  - French or Chefs knife
  - Boning knife
  - Slicer
  - Paring knife

# Knife Skills, Safety Rules, Continued



- Hold the knife firmly in your hand and cut away from your body; always use cutting board
- Always place knife on flat surfaces away from the edge of the table with the blade facing away from you
- Never cover a knife with a towel or other materials, keep it in sight of everyone



# Knife Skills, Safety Rules, Continued

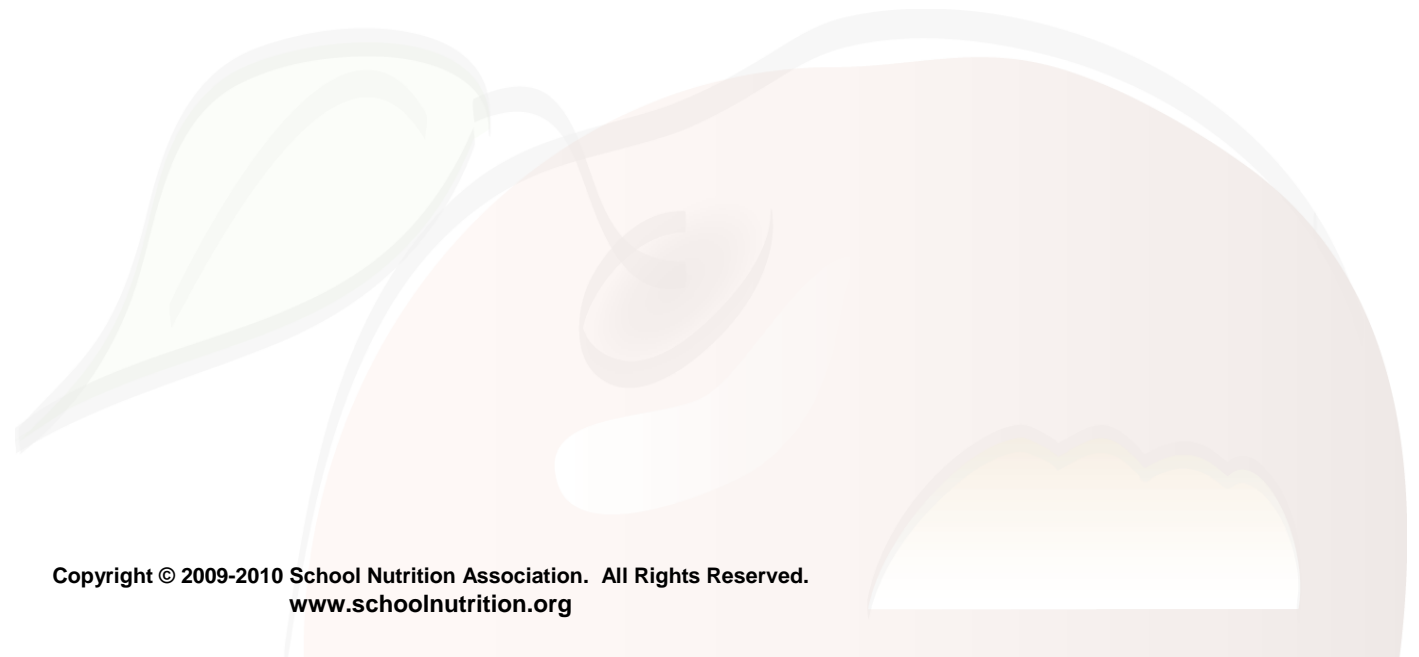


- Do not grab blindly for a knife: reach deliberately for the handle. If a knife falls off the table, do not grab for it
- When handing another person a knife, point the handle towards them
- Never leave a knife in a sink to be washed

# Knife Skills, Parts and Functions



- Point
- Back
- Bolster
- Tang
- Neb
- Rivets
- Guard
- Heel
- Edge



# Knife Skills, Holding a Knife



- Top View: grasp knife by the handle, allowing the thumb and index finger to rest on the blade for support. This is a preference by some chefs. An individual preference to hold the knife in other ways is acceptable
- Side View: Finger is placed behind the blade to provide stability

# Knife Skills



- Fine julienne-  $1/16$  x  $1/16$  x 1 to 2 inches
- Julienne-  $1/4$  x  $1/4$  x 2 inches
- Batonnet-  $1/8$  x  $1/8$  x  $1/8$  inch
- Small dice-  $1/4$  x  $1/4$  x  $1/4$  inch
- Medium dice-  $1/3$  x  $1/3$  x  $1/3$  inch
- Large dice-  $3/4$  x  $3/4$  x  $3/4$  inch
- Paysanne-  $1/2$  x  $1/2$  x  $1/8$  inch



**S**CHOOL  
**N**UTRITION  
**A**SSOCIATION

*Making the right food choices, together.*

# Thank you for attending!

Copyright © 2009-2010 School Nutrition Association. All Rights Reserved.  
[www.schoolnutrition.org](http://www.schoolnutrition.org)