

# COOKING FOR HEALTHY KIDS



## CULINARY SKILLS TRAINING FOR SCHOOL NUTRITION PROFESSIONALS

### OVERVIEW

*Cooking for Healthy Kids* is a joint educational project of The Culinary Institute of America (CIA) and the membership of the CIA's [Healthy Kids Collaborative](#) (HKC)—a network of thought-leading school nutrition professionals, chefs, suppliers, and other stakeholders—who have been working together to advance culinary-driven, healthy, flavorful foods for kids since its inception in 2015. *Cooking for Healthy Kids* was created to provide enhanced culinary training to school nutrition professionals across the country who serve school meals under the USDA program. This five-day training curriculum, based on the model created and implemented within the Indiana Department of Education by HKC Chair Catharine Powers, MS, RDN, LD of Culinary Nutrition Associates, LLC, will jumpstart the critical culinary education that school nutrition professionals need and serve as a model for a successful national program of culinary training and related professional development for the K-12 sector.

### TRAINING GOALS & APPROACH

This training focuses on basic culinary skills needed to prepare and serve more fruits, vegetables, whole grains, and plant-forward menu items while enhancing flavors and meeting the demands of today's students. These basic culinary skills will help schools offer foods and meals that support the *Dietary Guidelines for Americans* and school nutrition standards.

The overall goals of the *Cooking for Healthy Kids* training are to:

- Improve the culinary skill level of school nutrition professionals.
- Increase the quality and appeal of meals served to students.
- Increase the consumption of vegetables, fruits, whole grain, plant protein, and lean meats within the context of balanced menu planning for school-aged children.

After completing the training, the participants will be able to:

- Apply the essential concept of *mise en place* and understand the benefits of kitchen organization.
- Demonstrate healthier cooking methods that apply the nutrition principles of the *Dietary Guidelines for Americans*.
- Properly handle and use a chef's knife.
- Demonstrate roasting, steaming, blanching and quick pickling of vegetables.
- Demonstrate cooking of whole, intact grains.
- Apply techniques to increase efficiency and quality of sandwich preparation.
- Demonstrate techniques for building main course salads.
- Prepare salad dressings on-site.
- Enhance flavors of foods using herbs, spices, culinary acids, and other ingredients.
- Present school meals in an attractive and appealing manner.

### DURATION & DAILY COMPONENTS

*Cooking for Healthy Kids* is a five-day, six hour per day training for a total of 30 hours of professional development. As shown in the schedule overview on the following page, the training day will start at 8 a.m. and finish at 3 p.m. (with some room for flexibility in start/end time if needed). Each day will include a culinary lecture and demonstration, a practical kitchen experience, technique/recipe evaluation, kitchen keys, and nutrition keys. The morning section will be hands-on learning for the participant and the afternoon segment will be classroom learning. Throughout the five-day training, participants will prepare approximately 100 recipes!

### COST & OTHER PLANNING CONSIDERATIONS

- This training is designed for 24-32 participants at any level within your operation and may vary depending on the size of your kitchen facility.
- This training can take place in a standard school kitchen that has enough kitchen and classroom space to accommodate the number of attendees and that has basic kitchen equipment. We will share and review an equipment and supplies list with you as part of the planning process.
- The CIA will provide two approved culinary/nutrition trainers to lead the program.
- The program cost is \$42,500 for the week at your facility, not inclusive of food costs. We would ask your team to provide ingredients for the program based on a food list that will be provided.

### PARTICIPANT RESOURCES & CONTINUING EDUCATION CREDITS

As part of the training, participants are provided with a curriculum book, both in print and online format. At the end of the training, participants will receive a Certificate of Participation/Proof of Attendance for 30 CEUs from the School Nutrition Association as well as a certificate granting 3 CEUs from the CIA, an accredited provider by the International Association for Continuing Education and Training. This training also aligns with the [USDA Professional Standard](#) training requirements for school nutrition professionals in the key areas of Culinary Skills (2130) and Operations, Food Production (2300). The CIA has additional ProChef® digital video resources that can be purchased separately as a supplement to the hands-on training.

### EVALUATION

Pre/post surveys will be conducted with participants in addition to a course evaluation to assess changes in culinary and nutrition-related knowledge, confidence, and skills in the kitchen as well as satisfaction with the training. A summary of these results will be shared with the lead organizer following the training for your reporting purposes.

### INTERESTED IN LEARNING MORE AND/OR SCHEDULING THE TRAINING?

Contact: David Kamen, Director of CIA Consulting at [david.kamen@culinary.edu](mailto:david.kamen@culinary.edu) or call 845.905.4415

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**PROGRAM SCHEDULE AT A GLANCE**

	Monday	Tuesday	Wednesday	Thursday	Friday
8 am to 9:30 am <i>Culinary lecture &amp; demonstration</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
9:45 am to 12 noon <i>Practical Kitchen Experience</i>	Each individual will practice knife skills by cutting a variety of fruits and vegetables	Each team will prepare 3 vegetable dishes (steamed, roasted, and chilled)	Each team will prepare 2 whole grain items (side dish, grain bowl)	Each team will prepare a sandwich, a dip (hummus) and a quick pickle	Each team will prepare a main course salad, a side salad and a salad dressing
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>Technique/Recipe Evaluation</i>	Evaluation	Evaluation	Evaluation	Evaluation	Evaluation
1:30 pm to 2 pm <i>Kitchen Keys</i>	Measures- weights and volumes	Plant-based proteins (focus on dried beans and legumes)	Reducing kitchen inventory and ingredient versatility	Herbs and spices Spice blends	Equipment essentials
2 pm to 3 pm <i>Nutrition Keys</i>	Nutrition in school meals	Farm-to-school	Exploring whole grains Benefits of fiber	Reducing sodium Enhancing flavor in foods	Review key learnings and discuss implementation