

Healthy Cuisine for Kids

Wrap-Up Documents

Directory

This section contains materials that you will need at the end of the seminar. Included are:

- Seminar Evaluation
- Seminar Certificate
- Sample Press Release
- Taste-Testing Procedures
- Sample Taste-Testing Forms

Write your notes here.

Healthy Cuisine for Kids

Wrap-Up Documents

Seminar Evaluation

An evaluation form to be completed by seminar participants is included on the back of this page.

1. Make a photocopy of the *HCK* Evaluation Form for each participant.
2. Distribute the *HCK* evaluation form to the participants at the end of the last session.
3. Collect the completed forms from the participants and forward to the Seminar Coordinator.

Healthy Cuisine for Kids Seminar Evaluation Form

Date _____ Location _____

Your evaluation is important to us. It gives us a measure of your satisfaction with *HCK* and information to continually improve the *HCK*. Please respond to each item.

What I found most usable about the seminar: _____

What I would like to have received from *HCK* _____

Please circle the number on the form that best describes your feelings about *HCK*. Return the completed seminar evaluation to one of the trainers.

Thank you.

Question	← — →				
	Strongly Agree				Strongly Disagree
1 The objectives of the <i>HCK</i> Seminar and the Modules were accomplished.	1	2	3	4	5
2 The content was organized in a way I could understand.	1	2	3	4	5
3 The lesson activities, culinary demonstrations, and culinary labs helped me know how to apply what I learned.	1	2	3	4	5
4 The Participant's Manual and other materials supported the learning.	1	2	3	4	5
5 I can apply what I have learned in <i>HCK</i> in my work.	1	2	3	4	5
6 The training facilities were comfortable for learning.	1	2	3	4	5
7 The trainers demonstrated knowledge of the subject matter.	1	2	3	4	5
8 The trainers demonstrated effective presentation skills.	1	2	3	4	5

Please share your comments about *HCK*.

_____:

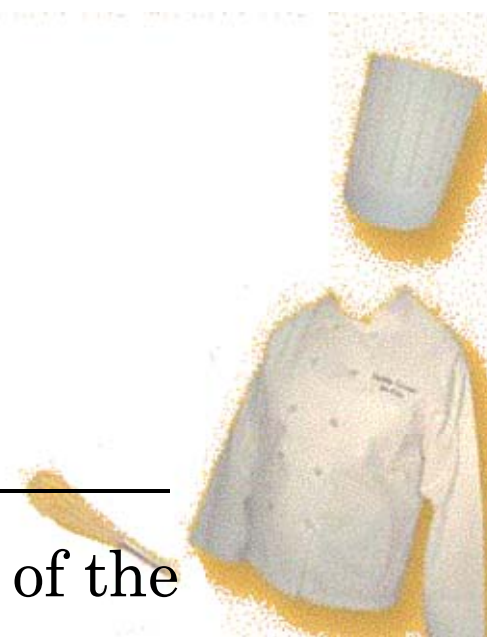
Healthy Cuisine for Kids Wrap-Up Documents

Seminar Certificate

An *HCK* certificate to be presented to each participant upon completion of the seminar is included on the back of this page.

1. Make a copy of the certificate for each participant. You may print the certificate in color or in black and white. The certificate is included on the *HCK* CD-ROM.
2. Complete the blanks on each certificate.
3. Distribute the certificates to the participants at the close of the *HCK* seminar.

Healthy Cuisine for Kids Certificate of Completion

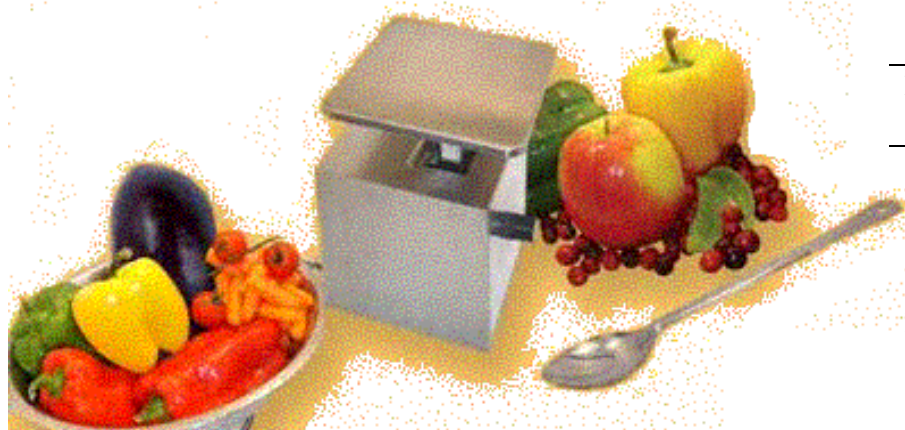


is recognized for successful completion of the
NFSMI professional development seminar,
Healthy Cuisine for Kids.

Instructor(s)

Date Issued

Continuing Education Credit Hours



National Food Service Management Institute
The University of Mississippi



Healthy Cuisine for Kids

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Sample Press Release

A sample of a press release is on the next page. Make copies of the press release and distribute to participants during the closing session. Tell them they may modify the press release or use it as is.

Please fill in the name(s) of the people from your area who attended the *HCK* seminar and provide a copy to the school board, superintendent, principal, local newspapers, radio stations, and local television stations.

FOR IMMEDIATE RELEASE

Local News

Local Resident(s) Attends *Healthy Cuisine for Kids* Seminar

_____ (name) _____ recently attended the “Healthy Cuisine for Kids” seminar in _____

The seminar is one in a series of training sessions coordinated by the National Food Service Management Institute (NFSMI) to support USDA's School Meals Initiative for Healthy Children and to promote healthy cooking practices that are consistent with the Dietary Guidelines for Americans. The seminar is designed to promote healthier preparation practices in schools and child care programs. Participants actively participate in five culinary labs in which they work under the direction of a professional chef to learn healthier ways of preparing food.

The seminar featured 50 USDA tested recipes and included hands-on activities to promote the use of vegetables, fruits, whole grains, healthful desserts in school meals; to incorporate healthful cooking techniques to reduce fat, sodium, and sugar in menu items; and to use flavor enhancement techniques and garnishes to promote eye and taste appeal.

The hands-on training is designed for front-line employees in school and child care nutrition programs. These are the people responsible on a daily basis for seeing that food served is healthful and appealing to the student customer.

“For a number of reasons it's time that we get back to the basics in Child Nutrition Programs, and perhaps the most basic skill needed by the school nutrition employee is knowing how to prepare and serve healthful food that kids will enjoy eating,” said Dr. Charlotte Oakley, Executive Director of the NFSMI.

The training team included faculty from NFSMI, a Nutritionist, Professional Chef and a School Nutrition Program Director.

For information about an *HCK* Seminar in your area, contact the National Food Service Management Institute, P.O. Drawer 188, University, MS 38677-0188; telephone 1-800-321-3054.

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Wrap-Up Documents

Taste-Testing Procedures

Taste testing of new and modified recipes for student and child nutrition personnel acceptance is an important step in gaining customer support for healthier meals in the cafeteria. Before introducing these or other new items to the menu, take time to prepare a sample for your customers to taste. Provide them an opportunity to comment on the flavor, appearance, aroma, texture, and general acceptability of each food you want to add to the menu. If you ask students what they think, they will tell you. Listen to their comments and remember that not all students will have the same opinion about a new recipe.

The best way to evaluate a new or modified food product is to place a small amount (25 servings) on the serving line and observe how well received it is. Survey the students who selected the item in a casual way to see how they liked it. The amount left on each tray or plate is another good indicator of acceptability. Repeat the taste test more than once. Involve different groups of students and child nutrition personnel before making a final decision to include the item on the menu.

Another way to test a new item is to ask students, teachers, administrators, and/or food service staff to participate on a taste panel. When you select this approach, a group of 10–12 participants gives a good evaluation. Look for the leaders among these groups to serve on the taste panel. If you can sell the leaders on the new item, others will be more likely to accept it as well. If the school has a student nutrition council, use members of that group for taste testing. Some schools use the student council or other school leadership groups for taste testing.

To introduce the tested menu item to all customers and approved as a menu item, prepare a small amount for customers to get a taste portion as they go through the line. Encourage students to “Take a taste”. Observe whether the customers who selected a taste ate all or a portion of the taste sample. You may follow up the taste test by having a school nutrition team member do an informal survey as students leave the dining area.

Materials Needed to Conduct a Taste Test

- Score sheets and pencils
- Foods prepared as directed and served in unmarked containers, kept at proper temperatures
- Foods prepared in sample portions the general size of three bites
- Drinking water in paper cups
- Disposable plates, napkins, forks, and/or spoons

Suggestions for Setting up the Taste Testing

1. Taste tests are best when each panel member is separated from the others.
2. Prepare a full recipe of the product. Follow the same production schedules and all other procedures you plan to use if the item is added to the menu. (I.e. if the recipe will be prepared one day and served the next, do the same for the test.)
3. Weigh and measure all ingredients accurately. Prepare exactly according to directions and serve at the appropriate temperatures. Be sure the production staff understands the directions.
4. It is best to taste test one item at a time to avoid meaningless comparisons among unrelated products. If comparisons are needed, say between two different recipes for a single item, and then label the items with a code such as A, B, or C.
5. Serve small, bite-sized pieces or servings of the item.
6. Schedule taste testing one hour before or two hours after a meal, but work within your own school or child care schedule.
7. Tasting can take place in the school or childcare dining area or in a classroom.

Taste-Testing

Taste Testing Form – Sample

What's Our Score?

TASTE AND TELL

Please mark the box that describes how much you do or do not like each food.




FOOD	I liked. ☺	O. K. ☹	I didn't like. ☹
Beef and cheese burrito		✓	
Jicama			✓
Fresh pineapple	✓		

Adapted from: Bureau of Child Nutrition. 1994. *High Time for Low Fat*. Jackson, MS: Mississippi Department of Education.

Taste-Testing Taste Testing Form – Blank

What's Our Score? TASTE AND TELL

Please mark the box that describes how much you do or do not like each food.

FOOD	I liked. 	O. K. 	I didn't like. 

National Food Service Management Institute

The University of Mississippi

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University, MS 38677-0188

www.nfsmi.org



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