



Region 4 Culinary and Skills Workshop

Course Descriptions

June 16-17, 2015

8:30 a.m. – 3:30 p.m. each day

\$10.00 lunch fee per day

Guthrie Center

10660 Hammerly Blvd.

Houston, Texas 77043

https://www.escweb.net/tx_esc_04/catalog/conference.aspx?conference_id=978133

TWO CLASSES

JUNE 16-17, 2015

Culinary Skills Certificate Program-Session 1: Preparing Fruits, Vegetables, Salads and Using Seasonings

Session #1146825

TASN Level 2

Instructor: Ann Edwards

Participate in Session 1 of a four part Culinary Skills Certificate Program offered through Region 4 Child Nutrition Services. Explore the National Food Service Management Institute (NFSMI) Culinary Techniques for Healthy School Meals lessons through instructor-led online coursework and hands on preparation during this two-day workshop. Session 1 includes the required NFSMI 1-hour NFSMI Introduction to Preparing Healthy School Meals online course along with topic specific coursework. Participants will have the opportunity to attend remaining topic sessions during fall, spring, and summer workshops to be announced. Once participants finish all four topic sessions they will receive a completion certificate, lapel pin, and apron recognizing their accomplishments.

Culinary Skills Certificate Program-Session 4: Preparing Breads/Baked Goods and Hot/Cold Temperatures

Session #1146826

TASN Levels 1 & 2

Instructor: Sarah Winebrenner

Participate in Session 4 of a four part Culinary Skills Certificate Program offered through Region 4 Child Nutrition Services. Explore the National Food Service Management Institute (NFSMI) Culinary Techniques for Healthy School Meals lessons through instructor-led online coursework and hands on preparation during this two-day workshop. Participants will have the opportunity to attend remaining topic sessions during fall, spring, and summer workshops to be announced. Once participants finish all four topic sessions they will receive a completion certificate, lapel pin, and apron recognizing their accomplishments. Prerequisite: Participants selecting Sessions 2, 3, or 4 who have not attended Session 1 will need to take the online *Introduction to Healthy School Meals* course on their own time and present a completion certificate prior to attending. The online course is available free at www.nfsmi.org, Online Courses.



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Nutrition 101: A Taste of Food and Nutrition

Session #1146827

TASN Level 3

Instructor: Bonnie Muska, RD

Participate in multiple modules of this updated National Food Service Management Institute course providing a basic overview of nutrition. Explore the following topics: Nutrition is Important to You!, Tool for Guiding Food Choices, The Energy Nutrients, Simple Sugars in Simple Terms, Focus on Fats, Vegetarian Diets, Vital Vitamins and Mighty Minerals, Diet Decisions, Choosing Foods for Health and Taste, and Nutrition Issues in the Media.

ServSafe®

Session #1146828

TASN Level 1

Materials and Testing Fee \$90, includes lunch both days

Instructor: Michael Francis

Attend the National Restaurant Association Educational Foundation (NRAEF) food safety training to learn about the dangers of foodborne illness, how to prevent it, and the keys to food safety. See where contamination starts, the components for good personal hygiene, and how every employee can be a safe food handler. Discover how to prevent cross-contamination, and how to utilize time and temperature control effectively. Examine all aspects of cleaning, sanitation, and pest management. Participants will take the ServSafe® Food Protection Manager Certification Online Exam the second day of the workshop. Fee includes instruction, training materials, and examination fee. This is a two day course.



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ONE DAY CLASSES

Food Safety in Schools

June 16-Session #1146829 June 17-Session #1146830

TASN Level 1

Instructor: Fatima Tai

Participate in this updated version of the National Food Service Management Institute's Serving It Safe, 4th Edition. This course is designed to provide school nutrition employees with up-to-date information on food safety. Lessons and activities which allow participants to be actively involved in learning the food safety concepts needed to prepare and serve food safely and to keep school nutrition facilities safe and sanitary. The chapters cover topics such as: food safety, prevention of foodborne illness, basics of microorganisms, how to keep a clean and sanitary school nutrition facility, process for foodborne illness prevention, and food safety programs in schools.

Food Service Assistant & Customer Service (Spanish) /Asistente de Servicios Alimentarios and Enfoque en el Cliente

June 17-Session #1146831

TASN Level 3

Instructor: Gina-Garcia Vega

Learn the skills needed by a food service assistant to achieve School Nutrition Program goals. Actively participate in lessons titled: You Make it Happen!, Communicate for Success, Work as a Team, and Manage Yourself and Your Job. Learn the importance of focusing on the customers' wants and needs to develop strategies for achieving satisfied customers and increasing participation and program image. Explore basics of providing outstanding customer service to impact positive customer relations.

Growing Your Professional Skills



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June 17-Session #1146832

TASN Level 1

Instructor: Katie Kattner, SNS

Review critical topics in food service operations and assess your knowledge and skills as a food service assistant. Participate in activities, view videos and develop a personal development plan to enhance your performance on the job.

Handling, Preparing and Serving Fresh Produce

June 16-Session #1146833 June 17-Session #11486834

TASN Level 2

Instructor: Kevin White, MS, RD

Explore nutrient value of fruits and vegetables and how to preserve freshness and quality in delivering tasty, nutritious foods. Learn about best practices for handling fresh produce in schools. Discuss procedures for ensuring food safety in all phases of handling produce.

Kitchen Math (Spanish)/Matemáticas de la Cocina

June 16-Session #1146835

TASN Level 2

Instructor: Gina Garcia-Vega

Participate in hands-on practice with math operations, fractions and decimals, units of measurement and equivalents, and basic calculations in school meal preparation. Participants will practice with calculators.

Meal Prep Calculations and the Food Buying Guide

June 16-Session #1146836

TASN Levels 2 & 3

Instructor: Katie Kattner, SNS

Review basic calculations to adjust recipes and figure quantities in school food preparation. Participants will practice with calculators using new Food Buying Guide information.