

Tentative Agenda for Food Safety & Nutrition Industry Standards, Food Prep Skills

Pulaski Tech South – Culinary Arts and Hospitality
July 12th-13th, 2018

Thursday, July 12th:

- Welcome: 8:30 am – 9:00
- Session 1: 9:00 am – 10:15 am
Safety & Sanitation, including contamination & cross-contamination, handwashing, surfaces, gloves, flow of food, and storage
- Lunch: 11:30 am – 12:30 am
- Session 2: 12:30 am – 1:45 pm
Knife Skills, including parts of a knife, how to hold a knife, sharpening, and cuts (cut fruits and vegetables in a variety of cuts – store for tomorrow)
- 1:45 pm – 2:00 pm
- Session 3: 2:00 pm – 4:00 pm
Meat and poultry cuts, allergy free menus and substitutions, meal planning on a budget, and storing food safely (store food for tomorrow)
- Dismiss: 4:00 pm

Friday, July 13th:

- Session 1: 8:30 am – 9:45 am
Reading recipes, mise en place, measuring, and prep skills (prepare a dessert)
- Session 2: 10:00 am – 11:30 am
Cooking skills, plating, and garnishing (using food cut and stored on day 1, prepare a meal)
- Lunch: 11:30 am – 12:30 pm
- Session 3: 12:30 pm – 2:30 pm
Healthy Foods and Nutrition Pulaski Tech instructor Mandie Smith
- Wrap-Up 2:30 pm
- Dismiss 4:00 pm