

Food Plating and Presentation Curriculum



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Authors



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With a focus on understanding and meeting the diverse needs of learners, Emily's educational philosophy is centered around crafting engaging and relevant learning experiences. Her expertise spans curriculum development, implementation, instructional strategies, school leadership, and teacher development.

Emily's commitment to education is evident in her pursuit of projects that allow her to leverage her multifaceted expertise. She is known for her in-depth knowledge and ability to make meaningful contributions to educational projects, aligning with the mission and values of the organizations she collaborates with.



Sandra Mallut, Professional Chef

Sandra, with over 22 years in the culinary and pastry industry, is a Le Cordon Bleu certified chef and a respected restaurant and bakery consultant. Her expertise spans restaurant and bakery development, menu optimization, and recipe innovation.

Sandra excels in business strategies like marketing, staff training, food cost analysis, and menu engineering. Renowned for her skills in restaurant management, she offers top-tier hospitality consulting and uses social media to boost food businesses' online presence.

Sandra's insights into the hospitality industry extend to providing valuable culinary training and startup guidance. Embracing technological advancements, she is passionate about exploring artificial intelligence's role in culinary arts. Since January 2020, she has been an online tutor at Varsity Tutors, focusing on AI, test behavior, and study tools, and was instrumental in creating the NMLS Assessment Test.

Sandra's diverse skills and dedication make her a valuable contributor to the culinary and food industry, blending traditional culinary artistry with modern business strategies.

Curriculum Structure

The Food Plating and Presentation Kit, accompanied by this 12-lesson curriculum, is designed to educate high school participants in the art and science of food presentation. Its purpose is to enhance culinary skills (specifically in food plating aesthetics and techniques), foster creativity, and provide practical knowledge for those interested in culinary arts or hospitality. This kit and curriculum serve as vital resources for culinary programs, emphasizing the importance of visual appeal in the culinary experience.

The *Food Plating and Presentation Curriculum* is composed of the following lessons. Approximate lesson times are included.

Lesson	Title	Approximate Time
One	Introduction to Plating and Plating Tools	60-90 minutes
Two	The Importance of the Plate	60-70 minutes
Three	The Art of Arrangement	70-100 minutes
Four	Plating Techniques	70-105 minutes
Five	Correcting Mistakes	80-100 minutes
Six	Portion Size	75-105 minutes
Seven	Plating Trends	115-195 minutes
Eight	Dessert Plating and Presentation	70-110 minutes
Nine	Breakfast Plating and Presentation	105-205 minutes
Ten	Garnishing	125-165 minutes
Eleven	Fine Dining Experience	85-160 minutes
Twelve	Appetizers	80-110 minutes
	Total	16.5 - 25 hours

Lesson Structure

Each lesson begins with a Lesson Overview, Lesson Objectives, and a Lesson at a Glance table, which lists lesson activities, materials required, suggested preparation steps, and approximate class time.

Lesson Sections

The actual lesson follows the overview, which contains some of the sections described below.

FOCUS

Every lesson begins with a FOCUS activity intended to capture participants' attention. This may be in the form of a small or large class discussion, a game, a demonstration, or a review of previous lesson information. During this activity, participants are introduced to the topic of the lesson.

LEARN

The LEARN activity in each lesson varies in its presentation mode. It may be a slide presentation, group activity, or demonstration.

REVIEW

The majority of lessons end with a REVIEW activity intended to briefly review the lesson's key messages or main points.

Lesson One – Introduction to Plating and Plating Tools

Lesson Overview

Participants will understand the basics of food plating, including the importance of plate selection and the use of various plating tools. They will learn the BUFF acronym (balance, unity, focal point, and flow) as it applies to plating.

Lesson Objectives

After completing this lesson, participants will be able to:

- Explain the foundational concepts of food plating
- Apply the principles of balance, unity, focal point, and flow (BUFF) to food plating
- Identify various tools in the chef plating toolkit and understand their specific uses in food presentation
- Discuss and reflect on tools and techniques that affect the presentation of food and the dining experience

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• <i>Plating Tools and BUFF</i> slide presentation • <i>Guess the Tool</i> worksheet • <i>Guess the Tool</i> – Answer Key	1. Prepare the <i>Plating Tools and BUFF</i> slide presentation for viewing. 2. Print the <i>Guess the Tool</i> worksheet (one per participant).	10 minutes
LEARN	• <i>Plating Tools and BUFF</i> slide presentation • <i>Applying the BUFF Principles in Food Plating</i> worksheet • <i>Reflection Questions</i> worksheet • Model Food Set • Chef Plating Toolkits • Dinner Plates	1. Prepare the <i>Plating Tools and BUFF</i> slide presentation for viewing. 2. Print the <i>Applying the BUFF Principles in Food Plating</i> and <i>Reflection Questions</i> worksheet (one of each per participant). 3. Prepare the Model Food Set, Dinner Plates, and Chef Plating Toolkits	45-60 minutes
REVIEW	• Plating Tools Vocabulary Cards • BUFF Principles Vocabulary Cards • Timer • <i>Plating and Plating Tools Quiz</i> • <i>Plating and Plating Tools Quiz</i> – Answer Key	1. Prepare both sets of vocabulary cards and divide participants into teams. 2. Print the <i>Plating and Plating Tools Quiz</i> (one per participant).	15-20 minutes

Lesson One – Introduction to Plating and Plating Tools

FOCUS: Guess the Tool

10 minutes

Purpose:

Students will participate in a guessing game to familiarize themselves with different plating tools, names, and uses. This game will be a fun and interactive way to start the lesson, engaging participants and laying the foundation for more detailed discussions and activities regarding plating tools and techniques.

Materials:

- *Plating Tools and BUFF* slide presentation
- *Guess the Tool* worksheet
- *Guess the Tool – Answer Key*
- Chef Plating Toolkits

Facilitation Steps:

1. Give each participant a copy of the *Guess the Tool* worksheet.
2. As a class, go over the slide presentation using the instructor notes.

Slide 1: Plating Tools

Slides 2-3: Introduction to Food Plating

Plating adds to the visual appeal of a dish. How food is arranged on a plate can encourage emotions and create a memorable experience for the diners.

Colors, textures, and shapes can create a balance and harmony that makes the dish more appetizing. Plating can significantly affect a diner's perception and enjoyment of a meal. It can also reflect the chef's creativity, skill, and attention to detail.

Slides 4-6: Activity #1: Guess the Tool

Explain that the objective of the game is for participants to familiarize themselves with different plating tools and their uses in food presentation. Tell participants that you will display an image of a tool, and they will guess its purpose.

Display the first tool image to the class. Give participants a moment to observe and think. You may also pass the tools around from the toolkits for participants to see and feel.

Foster an interactive environment. Encourage participants to discuss among themselves before making a guess. Participants will use their *Guess the Tool* worksheet to record their initial thoughts.

Ask for volunteers to guess the name of the tool and its purpose. Encourage participation and clarify that guesses are part of the learning process. After a few guesses, reveal the correct answer using your answer key. Provide a brief description and purpose of the tool.

If participants are hesitant, give hints or discuss the tool's appearance and possible uses, continue to clarify that guessing is part of learning. After revealing each tool's purpose, briefly discuss how it might be used in food plating. For instance, explain how a quenelle spoon shapes soft food into an elegant presentation. Encourage participants to ask questions or share any prior experiences with these tools.

Conclude the game by highlighting the importance of these tools in food presentation. Encourage participants to think about how each tool can impact the visual appeal of a dish.

Standard plating tweezers are ideal for placing and adjusting larger or more robust ingredients on the plate. Their size and shape balance precision and ease of handling, making them suitable for general use in food arrangements.

Fine-tipped plating tweezers handle small or delicate ingredients, such as tiny herbs, microgreens, or small garnishes. Their slender and pointed tips allow for meticulous placement and adjustment, ensuring that even the smallest components are placed exactly where needed.

Curved plating tweezers offer an ergonomic advantage, allowing for a more natural hand position when placing ingredients. They are particularly useful for reaching tighter spaces or requiring a more controlled grip. Their curved tips provide a different angle of approach, which can be beneficial for certain plating styles or working on deep dishes like bowls.

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Offset spatulas are ideal for spreading sauces and precisely placing food items on the plate.

Saucier spoons are excellent for saucing and creating swooshes on the plate.

Solid spoons are used for serving and arranging solid food items.

Slotted spoons are ideal for placing items that need to be drained before plating, such as pickled vegetables and poached items.

If time permits, here is a brief video to share: The Art of Plating: The Tools You Need (1:47)

<https://www.youtube.com/watch?v=EC4kluT3Ki0>

Guess the Tool

Instructions: Record your predictions for each tool displayed in the presentation. After recording your guess, write the correct purpose in the corresponding column.

Tool	Prediction	Purpose
Offset Spatula		
Standard Plating Tweezers		
Fine-Tipped Plating Tweezers		
Curved Plating Tweezers		
Saucier Spoon		
Solid Spoon		
Slotted Spoon		

Guess the Tool – Answer Key

Instructions: Record your predictions for each tool displayed in the presentation. After recording your guess, write the correct purpose in the corresponding column.

Tool	Prediction	Purpose
Offset Spatula	Answers will vary	Spreading sauces and precisely placing food items on the plate.
Standard Plating Tweezers	Answers will vary	Placing and adjusting larger ingredients on the plate.
Fine-Tipped Plating Tweezers	Answers will vary	Handling small or delicate ingredients, such as tiny herbs, microgreens, and small garnishes.
Curved Plating Tweezers	Answers will vary	Used for precise placement and adjustment.
Saucier Spoon	Answers will vary	Saucing and creating swooshes on the plate.
Solid Spoon	Answers will vary	Serving and arranging solid food items.
Slotted Spoon	Answers will vary	Placing items that need to be drained before plating

Lesson One – Introduction to Plating and Plating Tools

LEARN: Applying the “BUFF” Principles in Food Plating

35 minutes

Materials:

- *Plating Tools and BUFF* slide presentation
- *Applying the “BUFF” Principles in Food Plating* worksheet
- *Reflection Questions* worksheet
- Model Food Set
- Chef Plating Toolkits
- Dinner Plates

Facilitation Steps:

1. As a class, go over the slides using the notes below.

Slide 8: BUFF Principles

Slide 9: The BUFF Principles in Food Plating

- Explanation of BUFF: Balance, Unity, Focal Point, Flow.
- How do these elements contribute to a visually appealing dish?

Slide 10: Balance

- Definition: Equal distribution of visual weight in a dish
- Tips: Use color, texture, and portion size to create balance
- Examples: Dishes that demonstrate good balance

Slide 11: Unity

- Definition: Harmony of ingredients and components on a plate
- Techniques: Color schemes, thematic consistency
- Examples: Examples of unified plating styles

Slide 12: Focal Point

- Importance: Capturing the diner's attention

- Creation: Using a standout element or arranging components to lead the eye
- Examples: Dishes with an evident focal point

Slide 13: Flow

- Definition: The eye's visual movement or path when viewing the dish
- Guidance: Create a rhythm in plating that guides the diner through the dish
- Examples: Plated dishes showing effective flow

Slides 14-15: Plating Tools and BUFF Principles

- Relationship between tools and BUFF principles
 - Specific tools for specific effects: E.g., tweezers for precision, spoons for saucing
 - Visuals: Tools next to the dishes they helped create
2. Introduce activity 2. Give each student the *Applying the BUFF Principles in Food Plating* worksheet and continue the presentation.

Slides 16-17: Activity #2: Applying BUFF to Food Plating

Objective: Create a plated dish using the model food set that exemplifies BUFF.

1. Decide if you want participants to participate in this activity individually or as a pair/group. Assign pairs/groups if applicable.
2. Have participant complete the instructions on the worksheet. Have the Model Food Set out on display so that participants know what foods they must choose from in their plating activity.
3. After participants complete their design and identified BUFF Principles, have each take turns sharing their plated dish to the larger group, explaining the BUFF principles they used.

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Each participant/group should take their design to the front of the class, grab a dinner plate, and plate the food according to their design.

4. Have a set of Chef Plating Tools available for participants to also hold up which tools they would use in their plating design.

Slide 18: Reflection

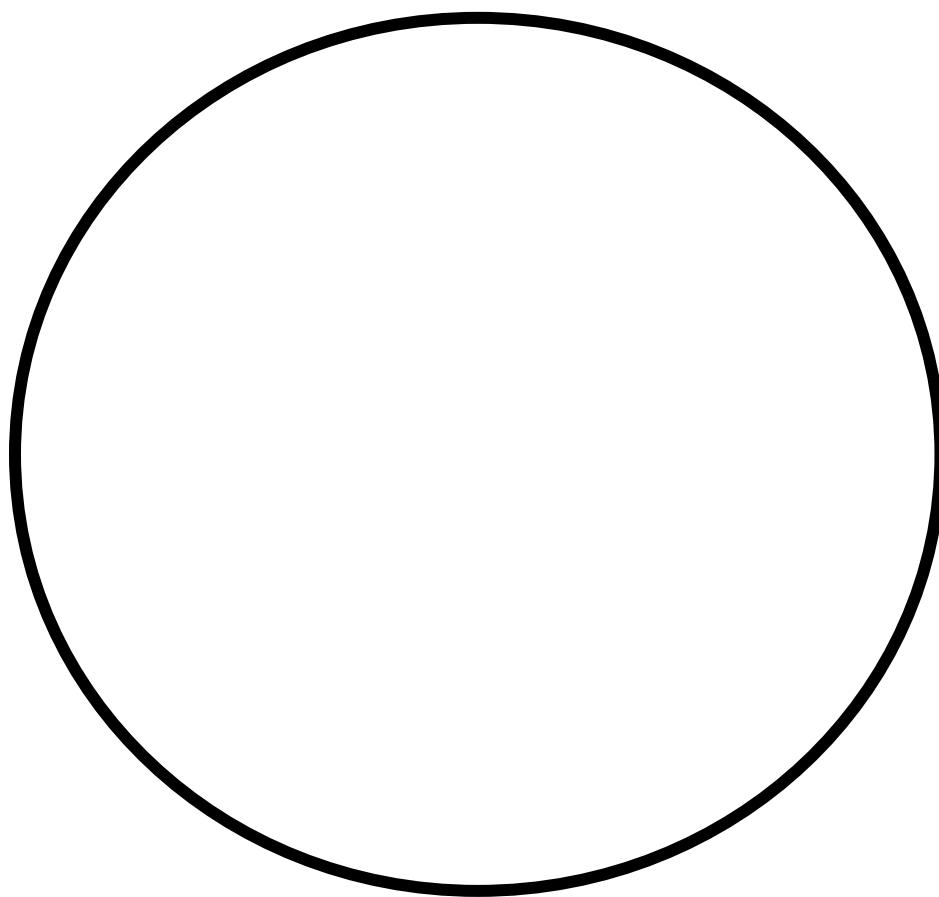
Have participants complete the questions on the *Reflection Questions* worksheet as a writing exercise.

Slides 19-20: Review

Share these slides to wrap up the concepts participants learned in the lesson.

Applying the BUFF Principles in Food Plating

Instructions: With a partner or small group, brainstorm ideas for creating a plated dish that showcases Balance, Unity, Focal Point, and Flow. Use the space below to sketch your group's plating design. Label the tools you plan to use and which BUFF principle each design element represents. Then, using the dinner plate and Model Food Set, create your sketched design on the plate.



BUFF Principles Used:

Reflection Questions

1. Which plating tool was most useful for your design, and why?
2. How did your group incorporate each of the BUFF principles into your dish? Give specific examples.
3. What challenges did you encounter during the plating exercise, and how did you overcome them?
4. Reflecting on your final plated design, what would you do differently next time to improve it?
5. What did you learn about the importance of tool selection and technique in food plating?

Lesson One – Introduction to Plating and Plating Tools

REVIEW: “BUFF” Principles and Plating Tools

15 minutes

Purpose:

Participants review knowledge from the LEARN portion through vocabulary cards and test their understanding by taking a brief quiz.

Materials:

- Plating Tools Vocabulary Cards
- BUFF Principles Vocabulary Cards
- Timer
- *Plating and Plating Tools Quiz*
- *Plating and Plating Tools Quiz – Answer Key*

Facilitation Steps:

1. Prepare the two sets of vocabulary cards. Half of them should have the names and images of the various plating tools used in the lesson. The other half contains brief descriptions or examples of the BUFF principles. Spread the cards out on a table, face down.
2. Divide the class into small teams.
3. Teams pick one card from each category (Tool and BUFF). They have 30 seconds to explain how the selected tool can achieve the BUFF principle on their card.
4. Award points for correct, creative, and clear explanations.
5. Encourage creativity and quick thinking. For example, if a team picks “Fine-Tipped Plating Tweezers” and “Focal Point,” they might explain how the tweezers can place delicate garnishes to draw attention to the focal point of a dish.
6. Keep track of points, and the team with the most points at the end wins.
7. After the game, briefly discuss the correct uses of tools and BUFF principles. Address any misconceptions or errors that arose during the game.
8. Give participants the *Plating and Plating Tools Quiz*. Allow several minutes for completion. Have participants self-grade or peer-grade the quiz. Use the Answer Key to share answers with participants.

Name: _____ Class: _____

Plating and Plating Tools Quiz

Instructions: Answer the following questions based on what you've learned in the lesson. Choose the best answer for multiple-choice questions and provide short, concise answers for open-ended questions.

1. Which principle of BUFF focuses on the main area of interest on a plate?

- a. Balance
- b. Unity
- c. Focal Point
- d. Flow

2. What is the primary use of fine-tipped plating tweezers?

- a. For arranging larger food items
- b. For precise placement of delicate items
- c. For creating artistic sauce patterns
- d. For spreading sauces evenly

3. Explain the term “Flow” in the context of food plating.

4. Which tool best suits creating designs and patterns with sauces?

- a. Offset spatula
- b. Solid spoon
- c. Saucier spoon
- d. Slotted spoon

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5. Describe one way to achieve balance in a plated dish.

6. Name a plating tool and describe a specific scenario in food plating that would be particularly useful.

Plating and Plating Tools Quiz – Answer Key

1. Which principle of BUFF focuses on the main area of interest on a plate?
 1. Balance
 2. Unity
 3. **Focal Point**
 4. Flow
2. What is the primary use of fine-tipped plating tweezers?
 - a. For arranging larger food items
 - b. **For precise placement of delicate items**
 - c. For creating artistic sauce patterns
 - d. For spreading sauces evenly
3. Explain the term “Flow” in the context of food plating.

Flow refers to the visual movement or path that the eye follows when viewing the dish. It's about arranging elements to guide the viewer's eye across the dish naturally and appealingly.
4. Which tool best suits creating designs and patterns with sauces?
 - a. Offset spatula
 - b. Solid spoon
 - c. **Saucier spoon**
 - d. Slotted spoon
5. Describe one way to achieve balance in a plated dish.

Balance can be achieved by evenly distributing visual elements, such as color, texture, and size. For example, using contrasting colors and arranging ingredients symmetrically can create a balanced appearance.
6. Name a plating tool and describe a specific scenario in food plating that would be particularly useful.

(Example Answer) Offset Spatula: This tool would be particularly useful for spreading sauces or creams in a smooth, even layer or for carefully placing delicate items, such as a piece of fish or cake, without breaking them.

Lesson Two – The Importance of the Plate

Lesson Overview

In this lesson, participants will examine the anatomy of a plate and how to select plates based on various attributes for effective food presentation.

Lesson Objectives

After completing this lesson, participants will be able to:

- Label and explain the parts of a plate
- Make informed decisions on choosing plates based on color, size, shape, and texture
- Understand how different plate characteristics can enhance or detract from food presentation

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• Whiteboard • Dry erase markers • Dinner plate	1. Prepare the <i>Choosing a Plate</i> slide presentation for viewing.	10 minutes
LEARN	• <i>Choosing a Plate</i> slide presentation • <i>Power of the Plate</i> worksheet	1. Prepare the <i>Choosing a Plate</i> slide presentation for viewing. 2. Print the <i>Power of the Plate</i> worksheet (one per participant).	35 minutes
REVIEW	• <i>Power of the Plate</i> worksheet • <i>Plate It Right!</i> worksheet • Markers/colored pencils • <i>The Importance of the Plate Quiz</i> • <i>The Importance of the Plate Quiz</i> – Answer Key • <i>Reflection</i> worksheet	1. Print the <i>Plate It Right!</i> worksheet, <i>The Importance of the Plate Quiz</i> , and <i>Reflection</i> worksheet (one of each per participant).	15-25 minutes

Lesson Two – The Importance of the Plate

FOCUS: Plate Anatomy

10 minutes

Purpose:

This activity involves initiating a discussion to explore participants' pre-existing knowledge about plate anatomy and the importance of selecting the right plate for food presentation. Participants will be introduced to specific terms related to plate anatomy.

Materials:

- Whiteboard
- Dry erase markers
- Dinner plate

Facilitation Steps:

1. Begin by explaining that the purpose of today's discussion is to explore what participants know about plate anatomy and its role in food plating. Understanding plate anatomy is crucial for effective food presentation.
2. Ask the class open-ended questions to gauge their initial thoughts:
 - "What do you think about when selecting a plate for a dish?"
 - "Are there any parts of a plate that you think are important for food presentation?"
3. Draw a basic plate on the whiteboard and label it with the terms: "buffer border," "cheek," and "bottom."
4. Provide a definition for each. As you label/define, participants will replicate on their dinner plate. Give each participant or pair of participants a dinner plate and dry erase marker for this activity.

- **Buffer Border:** The empty space between the food and the edge of the plate.
- **Cheek:** The flat, usually broader surface where most food is placed.
- **Bottom:** The base of the plate that often holds sauces or garnishes.

5. Encourage participants to provide examples of how they might use these parts of a plate in food presentation.
6. Ask the following questions:
 - "Why do you think the buffer border is important?"
 - "How might the size of the cheek affect your plating?"

Instructor Tips:

- Foster an open and interactive environment where participants feel comfortable sharing their ideas
 - Use the whiteboard to represent participants' ideas and concepts discussed visually
 - Emphasize that there are no right or wrong answers; this is an exploration of concepts
 - Encourage participants to think creatively about how different parts of a plate can influence food presentation
7. Optional: Here is a suggested brief video to share: Anatomy of a Plate (2:30)
https://www.youtube.com/watch?v=_wIMuEKNmQg

Lesson Two – The Importance of the Plate

LEARN: Power of the Plate

35 minutes

Materials:

- *Choosing a Plate* slide presentation
- *Power of the Plate* worksheet

Facilitation Steps:

1. As a class, go over the slides using the facilitator notes below. Begin with a brief review using the key points from “Plate Anatomy” to introduce the section. Emphasize the importance of understanding each part of a plate for effective plating.

Slide 1: Introductory slide

Slides 2-6: Plate Anatomy

Explain that every part of the plate plays a role in how a dish is perceived. Briefly touch on the three main parts to be discussed: buffer border, cheek, and bottom.

Show the labeled diagram. Point out each part and provide a simple definition. Mention that these areas help in organizing and presenting food.

Buffer Border: Describe the buffer border as the empty space that frames the food. Explain its role in providing visual relief and making the dish stand out. Discuss the concept of “less is more” in plating.

Cheek: Define the cheek as the central area where most food is placed. Talk about balance and composition, using the cheek to center the dish. Highlight the importance of contrast and color against the plate’s surface.

Bottom: Describe the bottom as the foundational layer, often used for sauces or garnishes. Emphasize its role in adding depth and layers to the presentation. Discuss the interplay of textures and flavors starting from the bottom.

Slide 7: Choosing a Plate

Introduce the topic by stating that choosing the right plate is as important as the food itself. Discuss how different plates can completely

change the perception of a dish. Introduce the following factors: color, size, shape, and texture.

Slide 8: Choosing a Plate: Colors

Show images of plates in different colors. Explain how colors can complement or contrast with food, affecting appetite and appeal. Examples: bright colors for vibrant dishes and neutral colors for delicate flavors.

Slides 9-10: Choosing a Plate: Size

Discuss how size affects portion perception and the feeling of abundance or scarcity. Mention the importance of appropriate sizing for the type of meal being served.

Slides 11-13: Choosing a Plate: Shape

Present plates of different shapes. Talk about the psychological impact of shapes (e.g., round for comfort, angular for modernity). Explain how the shape can guide the placement and flow of the food.

Slides 14-15: Choosing a plate: Texture

Show textured plates. Describe how texture adds a sensory dimension to the dining experience. Discuss pairing food texture with plate texture for added depth.

Slide 16: Activity #1: Power of the Plate

Participants will transition to the activity using the *Power of the Plate* worksheet. Give participants an overview: You will be presented with scenarios and must choose the appropriate plate. You must explain your choice based on what you learned about plate anatomy and selection criteria (color, size, shape, texture).

Participants will read each scenario and visualize the dish described. They will decide on the most suitable plate for the dish, considering its color, size, shape, and texture. Remind participants that they will select one of the scenarios to sketch a plate design for the Review activity.

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2. Optional: If time permits, you could share a brief video on choosing the right plate. Here are a few to choose from:

Types of Plates and Their Use (4:04)

<https://www.youtube.com/watch?v=QbZPWqyvVJY>

Culinary Quick Tips: Choosing a Plate (1:07)

<https://www.youtube.com/watch?v=zv2ckHBxyNU>

Power of the Plate

Instructions: Read each scenario detailing a specific dish and dining situation. Visualize the dish and the context described to decide on the best plate for the dish. Make sure to consider color, size, shape, and texture.

Scenario and Task	Plate Color	Plate Size	Plate Shape	Plate Texture
Scenario: You're plating a romantic dinner: Seared salmon with a lemon butter sauce, served with a side of asparagus and mashed potatoes. Task: Choose a plate that enhances the romantic setting and complements the colors and textures of the dish.				
Scenario: You're preparing Sunday brunch: A colorful omelet filled with bell peppers, onions, and cheese, accompanied by a side of hash browns and fresh fruit. Task: Select a plate that is family-friendly and makes the colors of the omelet and fruits stand out.				

Scenario: You're plating at a high-end restaurant: A delicate chocolate lava cake with a raspberry sauce and a scoop of vanilla ice cream on the side. Task: Choose a plate that elevates the elegance of this dessert and adds to the fine dining experience.				
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Lesson Two – The Importance of the Plate

REVIEW: Plate it Right!

15-25 minutes

Purpose:

Participants review knowledge from the LEARN portion through a plating activity and test their understanding by taking a brief quiz.

Materials:

- *The Importance of the Plate* slide presentation (slides 17-20)
- *Power of the Plate* worksheet
- *Plate It Right!* worksheet
- Markers/colored pencils
- *The Importance of the Plate Quiz*
- *The Importance of the Plate Quiz* – Answer Key
- *Reflection* worksheet

Facilitation Steps:

1. As a class go through the remaining slides of *The Importance of the Plate* slide presentation for the following activities.

Slide 17 – Activity #2 Plate It Right!

Invite participants to select one of the scenarios from their *Power of the Plate* worksheet. Using the blank *Plate It Right!* worksheet, participants will use colored pencils or markers to illustrate their plating decision for that scenario.

Slide 18-19 – Activity #2: Reflection

Invite participants to share with a partner, group, or with the class.

Distribute the *Reflection* worksheet.

Participants will answer the questions on their worksheet to prepare for the upcoming assessment.

Ask participants to share their answers to these reflection questions.

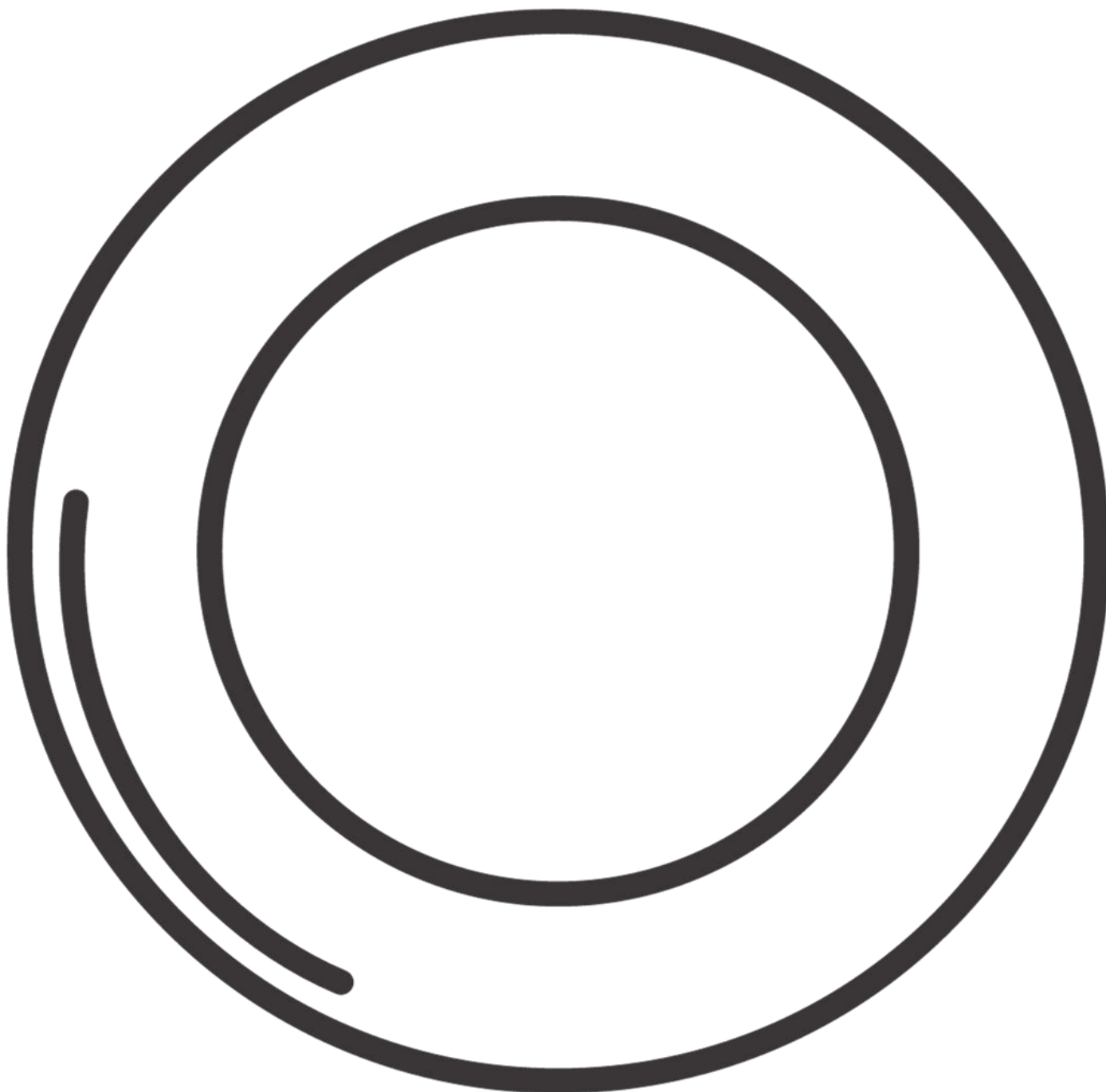
Slide 20 – Review

Use the slide to review important key concepts with participants and answer any questions.

2. Distribute *The Importance of the Plate Quiz*. Allow five minutes for completion.
3. Have participants peer grade or self-grade the quiz as you share answers from the answer key.

Plate It Right!

Instructions: Choose one of the *Power of the Plate* worksheet scenarios. Use the blank plate template to draw the dish and the context described to decide on the best plate for the dish. Remember to illustrate your color, size, shape, and texture choices.



Reflection

1. Why is it important to consider the dining context (like a romantic dinner or a casual cafe) when selecting a plate for food presentation?
2. How did this consideration play a role in your decision-making during the activity?
3. How did the specific characteristics of the plate influence your decision for the dish in your scenario?
4. Did this activity change your perspective on the importance of plate selection in food presentation?
5. What was the most challenging part of this activity for you, and how did you overcome it?
6. How did you use creativity in your plate selection to enhance the dish's presentation?

The Importance of the Plate Quiz

Instructions: Answer the following questions based on what you've learned in this lesson. Choose the best answer for multiple-choice questions and provide short, concise answers for open-ended questions.

1. What is the buffer border on a plate?
 - a. The central area where the main dish is placed
 - b. The base of the plate often used for sauces
 - c. The empty space between the food and the edge of the plate
 - d. The decorative rim around the plate

2. Which aspect of a plate can significantly affect the perception of portion size?
 - a. Color
 - b. Texture
 - c. Shape
 - d. Size

3. Describe how the choice of plate color can impact the presentation of a dish. Provide an example.

4. In a fine dining setting, which plate characteristic is crucial for enhancing the elegance of the dish?
 - a. A brightly colored plate
 - b. A large-sized plate
 - c. A uniquely shaped plate
 - d. A subtly textured plate

Food Plating and Presentation Curriculum

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5. If you were plating a delicate seafood dish, which plate shape would you choose and why?
6. Explain how the cheek of the plate is used in food plating and give an example of a dish where this area is particularly important.

The Importance of the Plate Quiz

- Answer Key

1. What is the buffer border on a plate?
 - a. The central area where the main dish is placed
 - b. The base of the plate often used for sauces
 - c. **The empty space between the food and the edge of the plate**
 - d. The decorative rim around the plate
2. Which aspect of a plate can significantly affect the perception of portion size?
 - a. Color
 - b. Texture
 - c. Shape
 - d. **Size**
3. Describe how the choice of plate color can impact the presentation of a dish. Provide an example.

The color of the plate can either complement or contrast with the food, affecting its visual appeal. For example, a white plate can make colorful dishes, like salads or pasta, stand out, enhancing their visual appeal. In contrast, a dark plate can provide a strong contrast for dishes with lighter colors, such as risotto or vanilla-based desserts.
4. In a fine dining setting, which plate characteristic is crucial for enhancing the elegance of the dish?
 - a. A brightly colored plate
 - b. A large-sized plate
 - c. A uniquely shaped plate
 - d. **A subtly textured plate**
5. If you were plating a delicate seafood dish, which plate shape would you choose and why?

A round or oval plate would be ideal for a delicate seafood dish. These shapes provide a classic, elegant presentation that doesn't distract from the delicacy of the seafood. The curved lines of the plate can also mirror the natural shapes found in seafood, creating a harmonious presentation.
6. Explain how the cheek of the plate is used in food plating and give an example of a dish where this area is particularly important.

The cheek of the plate is the main area where food is placed. It is used to center the dish and create a balanced composition. For example, in a dish like steak with vegetables, the steak would be placed on the cheek, allowing enough space around it to artistically arrange the vegetables, creating an appealing and balanced presentation.

Lesson Three – The Art of Arrangement

Lesson Overview

In this lesson, participants will delve into the intricate art of food plating. The focus will be on understanding and applying key arrangement techniques and the principles of balance and the strategic use of space on the plate, aiming to enhance the visual appeal of their culinary creations.

Lesson Objectives

After completing this lesson, participants will be able to:

- Learn how to apply the Rule of Thirds principle in food plating effectively
- Gain insight into arranging food components on the plate using the clock-face method
- Use simulated food to explore and apply plating techniques
- Assess initial plating choices and make informed adjustments based on the new techniques learned

Lesson at a Glance

Activity	Materials	Preparation	Approximate Class Time
FOCUS	• Model Food Set • White dinner plates • <i>The Art of Arrangement</i> slide presentation • <i>Dish Mystery</i> worksheet	1. Prepare the Model Food Set and plates for initial plating activity. 2. Prepare <i>The Art of Arrangement</i> slide presentation for viewing. 3. Print the <i>Dish Mystery</i> worksheet (one per participant).	25-45 minutes
LEARN	• <i>The Art of Arrangement</i> slide presentation • <i>Creating Culinary Masterpieces</i> worksheet	1. Prepare <i>The Art of Arrangement</i> slide presentation for viewing. 2. Print the <i>Creating Culinary Masterpieces</i> worksheet (one per participant).	30 minutes
REVIEW	• <i>Plate Your Own</i> worksheet • Model Food Set • White dinner plates • Markers/colored pencils	1. Prepare the Model Food Set and plates for use. 2. Print the <i>Plate Your Own</i> worksheet (one per participant).	15-25 minutes

Lesson Three – The Art of Arrangement

FOCUS: Dish Mystery

25-45 minutes

Purpose:

This activity involves setting a baseline for participants' current understanding and approach to food plating. Participants will demonstrate how plating can communicate information about the dish.

Materials:

- Model Food set
- White dinner plates
- *Art of Arrangement* slide presentation
- *Dish Mystery* worksheet

Facilitation Steps:

1. Arrange participants into small groups. Ensure each group can access the Model Food Set and a white dinner plate.
2. Explain that each group will create a plated dish on the white dinner plate using the model food set. Encourage creativity but remind participants to think about why they place each item where they do.
3. Once the groups finish plating, ask each group to explain their choices briefly. Focus on aspects like placement of main elements, use of space, and overall aesthetics.

Make brief notes on their explanations, which will be referenced in the lesson's review section.

4. Facilitate a short discussion on their initial approaches, highlighting common themes or varied interpretations.
5. Begin the slide presentation. During the presentation, you will show several images of well-plated dishes. Display each image to the class one at a time.

For each image, ask the students to guess the main ingredients and the type of cuisine. After the guesses, reveal the correct answers and briefly discuss how the plating helped or hindered their guesses.

Emphasize how the arrangement, choice of plate, and use of space can hint at the dish's ingredients, origin, and dining style (casual, fine dining, etc.).

Encourage participation from all students and keep the atmosphere light and engaging.

Slide 1: Introductory slide

Slide 2: Dish Mystery

Slide 3: Dish #1

Slide 4: Italian Spaghetti Carbonara

Plating Clues:

- Arrangement: Twirling the spaghetti in the center, topped with grated cheese and a sprig of parsley
- Plate Choice: A simple, white, round plate enhances the color of the pasta
- Use of Space: Minimal use of space around the pasta, focusing attention on the dish
- Cuisine Hint: The simplicity and elegance suggest Italian cuisine, and the presentation style aligns with classic pasta dishes

Slide 5: Dish #2

Slide 6: Japanese Sushi Platter

Plating Clues:

- Arrangement: Neatly arranged in rows, showcasing the variety
- Plate Choice: Square, white plate, common in Japanese presentation
- Use of Space: Space separates different types of sushi, allowing each piece to stand out
- Cuisine Hint: The arrangement and style indicate Japanese cuisine, specifically sushi

Slide 7: Dish #3

Slide 8: French Coq au Vin

Plating Clues:

- Arrangement: Chicken pieces surrounded by vegetables; sauce elegantly drizzled
- Plate Choice: A deep, round plate suitable for saucy dishes
- Use of Space: Components are centrally placed, emphasizing the dish's richness
- Cuisine Hint: The sophisticated presentation and choice of ingredients suggest French cuisine

Slide 9: Dish #4

Slide 10: Indian Chicken Tikka Masala with Naan Bread

Plating Clues:

- Arrangement: Curry in a bowl, naan on the side, often garnished with cilantro

- Plate Choice: Dark plate to enhance the colors of the dish
- Use of Space: Space is often used to separate curry and bread, highlighting each element
- Cuisine Hint: The vibrant colors and serving style are characteristic of Indian dishes

Slide 11: Dish #5

Slide 12: Gourmet Dessert Platter

Plating Clues:

- Arrangement: Desserts are arranged asymmetrically, often with a decorative element like a chocolate swirl
- Plate Choice: Large, flat plate, giving space to each dessert
- Use of Space: Deliberate spacing and arrangement create an artistic, luxurious feel
- Cuisine Hint: The variety and elaborate presentation suggests a high-end or fine-dining dessert course.

Dish Mystery

Instructions: You will be shown images of various well-plated dishes. Your task is to guess the main ingredients and the type of cuisine each dish represents. Pay close attention to the arrangement, choice of plate, and use of space as these can provide clues about the dish.

Record your observations and guesses in the spaces provided. After the game, we will reveal the correct answers and discuss how the plating helped or hindered your guesses.

Dish and Cuisine	Notes About Arrangement, Plate Choice, and Use of Space
Guess: Answer:	
Guess: Answer:	
Guess: Answer:	
Guess: Answer:	
Guess: Answer:	

After the game, reflect on your guesses and observations:

1. What plating techniques or styles surprised you the most?
2. How did the plating influence your perception of the dish?
3. Which dish's presentation did you find most appealing, and why?

Lesson Three – The Art of Arrangement

LEARN: Creating Culinary Masterpieces

30 minutes

Purpose:

To educate participants on key plating principles as well as apply and reinforce the learned concepts through practical analysis.

Materials:

- Model Food Set
- White dinner plates
- *The Art of Arrangement* slide presentation
- *Creating Culinary Masterpieces* worksheet

Facilitation Steps:

1. Go through the presentation with the class. Begin with the Crafting Culinary Masterpieces slides, explaining each concept in detail.

Slide 13: Crafting Culinary Masterpieces

Slide 14: Rule of Thirds

Describe how placing the focal point of the dish off-center can create a more dynamic and visually interesting plate.

Slide 15: Plate as a Clock

Explain how envisioning the plate as a clock face can guide the placement of different food elements (e.g., protein at 3-9, starch at 9-12, vegetables at 12-3).

Slide 16: Negative Space

Discuss the importance of not overcrowding the plate and using negative space to frame and highlight the food.

2. Instruct participants to analyze the plating techniques used in the dishes based on the concepts learned, using their *Creating Culinary Masterpieces* worksheet to record notes.
3. Encourage the discussion of how the rule of thirds, the clock method, and negative space

have been used or could be improved in each dish.

4. Encourage participants to share their observations and different perspectives. Summarize the key learnings and reinforce how these principles can transform the presentation of a dish.
5. Begin the group analysis, going through the rest of the slide presentation.

Slides 17-18: Grilled Salmon with Asparagus and Lemon Wedge

- Rule of Thirds: Notice how the salmon is placed slightly to the right, creating a focal point
- Plate as a Clock: The asparagus is 12 to 3, the salmon is 3 to 9, and the lemon wedge at 9
- Negative Space: Ample space around the dish, making it appear less crowded and more appealing

Slides 19-20: Gourmet Burger with Fries

- Rule of Thirds: The burger is centered, which might miss an opportunity for dynamic plating
- Plate as a Clock: Fries placed from 9 to 12, burger at the center - could be adjusted for better visual impact
- Negative Space: Limited negative space; consider if spreading out elements would enhance the presentation

Slides 21-22: Caprese Salad

- Rule of Thirds: The arrangement of tomatoes and mozzarella plays well with off-center placement
- Plate as a Clock: Ingredients are not distinctly separated; could benefit from more structured placement
- Negative Space: Good use of space; ingredients aren't overcrowded, allowing each element to stand out

Slides 23-24: Chocolate Lava Cake with Vanilla Ice Cream

- Rule of Thirds: Cake placed off-center, drawing the eye naturally
- Plate as a Clock: Ice cream at 9, cake between 3 and 6 - a good example of balanced placement
- Negative Space: Well used to create a dramatic effect, emphasizing the dessert

Slides 25-26: Avocado Toast with Poached Egg

- Rule of Thirds: Central placement of the toast; could experiment with shifting it to one side
- Plate as a Clock: Egg centered on the toast; toast centered on the plate - might benefit from asymmetry

- Negative Space: Moderate space, but more creative use could enhance the visual appeal

Slides 27-28: Review

6. Optional: If time permits, you could share brief videos on plating techniques and examples. Here are a few to choose from:

Plating Reimagined: One Entrée, Three Ways (3:13)

<https://www.youtube.com/watch?v=xL1oA2JMrRo>

Culinary Quick Tips Plate Presentation (3:01)

<https://www.youtube.com/watch?v=eOK8ipvpCaQ>

Basic Food Plating Techniques (2:06)

<https://www.youtube.com/watch?v=biSh7PtQrho>

Creating Culinary Masterpieces

Instructions: Your task is to analyze various plated dishes, focusing on how the principles of the rule of thirds, viewing the plate as a clock, and using negative space have been applied. Examine each dish carefully, considering the following:

- **Rule of Thirds:** Observe if the dish's focal point is placed off-center and how this impacts the visual appeal.
- **Plate as a Clock:** Identify the placement of the protein, starch, and vegetables on the plate. Are they positioned like numbers on a clock face?
- **Negative Space:** Assess the use of space on the plate. Does it frame and highlight the food effectively?

Dish Description	Notes About: Rule of Thirds, Placement, and Negative Space
Grilled Salmon with Asparagus and Lemon Wedge	
Gourmet Burger with Fries	
Caprese Salad	
Chocolate Lava Cake with Vanilla Ice Cream	

Avocado Toast with Poached Egg	
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- 1. What new insights did you gain about food plating?
- 2. How might you apply these principles in your future plating endeavors?

Lesson Three – The Art of Arrangement

REVIEW: Plate Your Own

15-25 minutes

Purpose:

Participants review knowledge from the LEARN portion through a plating activity.

Materials:

- *Plate Your Own* worksheet
- Markers/colored pencils
- Model Food Set
- White dinner plates

Facilitation Steps:

1. Revisiting Initial Plating: Ask participants to regroup and revisit their initial plated dishes created during the first part of the lesson.

Remind participants of the key concepts learned: the rule of thirds, the clock-face method, and negative space.
2. Give each participant the *Plate Your Own* worksheet. Instruct participants to adjust their plated dishes based on these concepts.

Encourage them to think creatively and to use the negative space effectively.

3. Once the revisions are complete, each group should briefly explain their changes. Prompt them to articulate why these adjustments improve the presentation, specifically referring to the rule of thirds, clock-face method, and use of negative space.

If time permits, have participants visually create their changes using the Model Food Set and dinner plates.

4. Encourage other participants to provide constructive feedback on the revised dishes. Facilitate a discussion on how the application of these techniques has changed the visual impact of the dishes.
5. Conclude the activity by having participants reflect on what they learned from this exercise. Ask them to consider how they might apply these principles in real-life plating situations.

Plate Your Own

Instructions: This worksheet will guide you through revising your initial plated dish using what you have learned from this lesson.

Initial Dish Review: Briefly describe your initial plated dish from the first part of this lesson. Note what elements (protein, starch, vegetables) were placed where on the plate.

Apply New Plating Techniques: Re-arrange your dish, applying the rule of thirds and the clock-face method. As you do so, document each change you make.

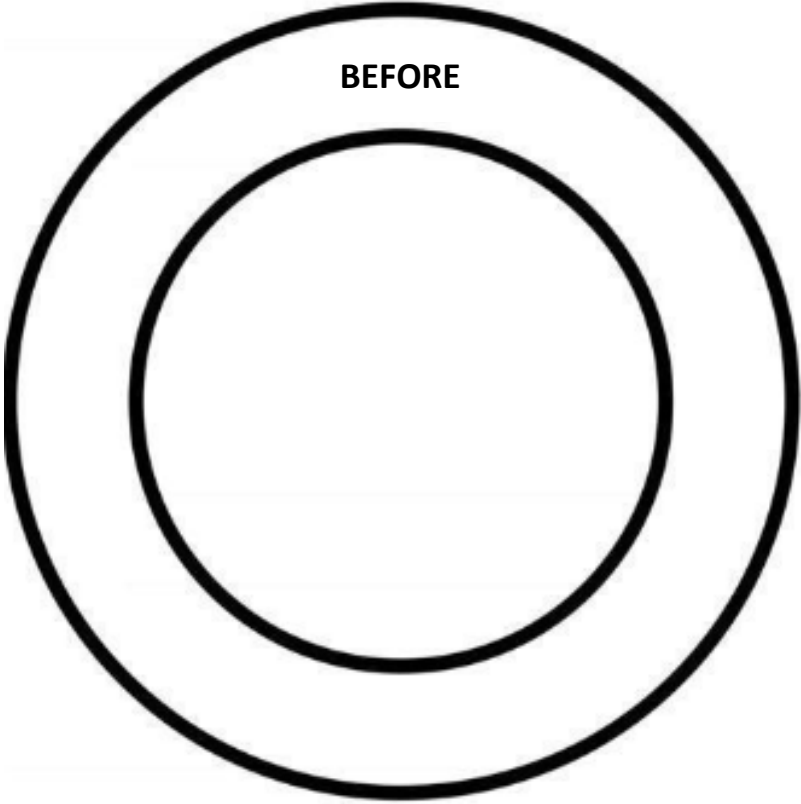
- Rule of Thirds: Describe how you adjusted the placement of your dish's main element or focal point.
- Clock-Face Method: Indicate the new positions of your protein, starch, and vegetables on the plate like a clock.
- Negative Space: Note how you used the space on the plate to highlight your dish.

Documented changes:

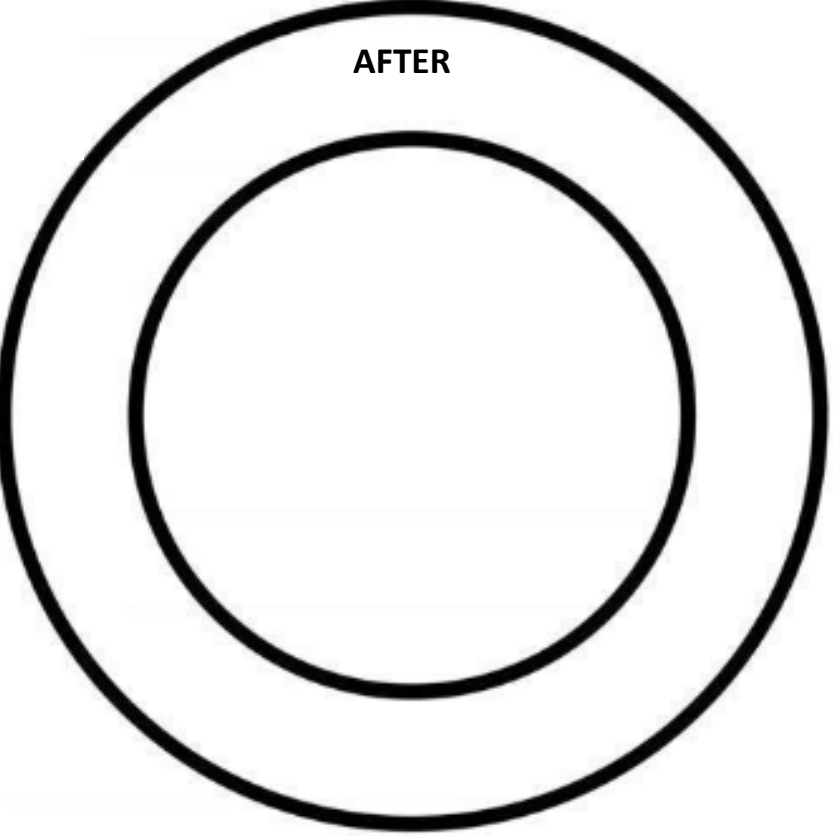
Explain Your Changes: Write a brief explanation for each change you made. Why did you decide to make these specific changes? How do you think these changes improve the overall presentation of your dish?

Visual Comparison: Draw a before-and-after sketch of your dish's arrangement on the plate. This doesn't need to be detailed; focus on the placement of the main elements.

BEFORE

A large circle with a smaller circle inside it, representing a plate layout before a change. The circles are centered and have a consistent gap between them.

AFTER

A large circle with a smaller circle inside it, representing a plate layout after a change. The circles are centered and have a consistent gap between them, identical to the 'BEFORE' diagram.

Lesson Four - Plating Techniques

Lesson Overview

This lesson introduces participants to the art of preparing the plate and various plating techniques. Participants will learn how to select the right plate and arrange food in an appealing manner.

Lesson Objectives

After completing this lesson, participants will be able to:

- Understand the importance of plate preparation in food presentation
- Learn different plating techniques and their applications
- Practice plating techniques

Lesson at a Glance

Activity	Materials	Preparation	Approximate Class Time
FOCUS	• <i>Plating Techniques</i> slide presentation • <i>Mystery Ingredient Challenge</i> worksheet	1. Prepare <i>Plating Techniques</i> slide presentation for viewing. 2. Print the <i>Mystery Ingredient Challenge</i> worksheet (one per participant).	10-20 minutes
LEARN	• <i>Plating Techniques</i> slide presentation • <i>Plating a Dish</i> worksheet • Model Food Set • Chef Plating Toolkits • Markers • <i>Food Plating Scenario Cards</i> • <i>20 Plating Techniques</i> slide presentation • <i>Small Appetizer</i> worksheet	1. Prepare <i>Plating Techniques</i> slide presentation for viewing. 2. Print the <i>Plating a Dish</i> and <i>Small Appetizer</i> worksheets (one of each per participant). 3. Prepare the Model Food Set and plating tools for groups to use during the activity. 4. Gather any items needed for plating demonstrations. 5. Print the scenario cards for small groups.	40-60 minutes
REVIEW	• <i>Plating Techniques</i> slide presentation • Model Food Set • Chef Plating Toolkit • Markers • <i>Plating Techniques Quiz</i> • <i>Plating Techniques Quiz</i> – Answer Key	1. Prepare <i>Plating Techniques</i> slide presentation for viewing. 2. Prepare the Model Food Set and plating tools for participants to use during the activity. 3. Print the <i>Plating Techniques Quiz</i> worksheet (one per participant).	20-25 minutes

Lesson Four – Plating Techniques

FOCUS: Mystery Ingredient Challenge

10-20 minutes

Purpose:

This activity aims to encourage creativity and provoke thought on how different, unfamiliar elements can enhance the visual appeal of a dish. This activity aims to stimulate participants' imagination in plating and presenting food.

Materials:

- *Plating Techniques* slide presentation
- *Mystery Ingredient Challenge* worksheet

Facilitation Steps:

1. Give each participant the *Mystery Ingredient Challenge* worksheet and begin the slide presentation.

Slide 1: Introductory slide

Slide 2: Mystery Ingredient Challenge

Briefly introduce the activity, explaining that the focus is on creativity in plating using an unusual ingredient. Show the slide of the first mystery ingredient.

Allow participants to observe and then brainstorm how to incorporate this ingredient into a dish, focusing specifically on the visual presentation. Participants will record their thoughts on their *Mystery Ingredient Challenge* worksheet. Invite participants to share their ideas with the class.

Slide 3: Ingredient #1

The slide encourages participants to think about color contrast, texture, shape, and how the ingredient could complement or contrast with other elements on a plate.

Facilitate a brief discussion on each idea, highlighting creative plating concepts and how they can enhance the dish's overall presentation.

Slide 4: Dragon Fruit

Highlight its vibrant color and unique texture. Discuss how its striking appearance can be used as a focal point on a plate.

Slide 5: Ingredient #2

Slide 6: Romanesco Broccoli

Emphasize its geometric shape. Discuss how its form and color can add a visual and textural contrast to a dish.

Slide 7: Ingredient #3

Slide 8: Black Garlic

Focus on its rich, molasses-like color and potential as an unexpected element in a dish, visually and flavor-wise.

Slide 9: Ingredient #4

Slide 10: Fiddlehead Ferns

Discuss their whimsical shape and how they add a playful element to the presentation.

Slide 11: Ingredient #5

Slide 12: Purple Sweet Potato

Talk about the use of color in plating and how this vibrant potato can create a striking color palette.

2. Conclude the activity by emphasizing the importance of creativity in food plating and how even a single ingredient can transform the aesthetics of a dish.
3. Use the outcomes of this activity to segue into the main lesson content on plating techniques, relating back to the ideas generated in this activity.

Name: _____ Class: _____

Mystery Ingredient Challenge

Instructions: You will be shown images of unusual ingredients. Brainstorm ideas for incorporating these ingredients into a dish, focusing on enhancing its visual appeal. Consider aspects like color, texture, and shape and suggest plating techniques. Creativity is key; be as creative as possible.

There are no right or wrong answers. Imagine how you would plate the dish to highlight each ingredient, regardless of the type of dish.

	Brainstorm	Ingredient Notes
Ingredient #1		Ingredient Name:
Ingredient #2		Ingredient Name:
Ingredient #3		Ingredient Name:
Ingredient #4		Ingredient Name:
Ingredient #5		Ingredient Name:

Lesson Four – Plating Techniques

LEARN: Plating A Dish

40-60 minutes

Purpose:

To educate participants on plating techniques as well as apply and reinforce the learned concepts through practical application.

Materials:

- *Plating Techniques* slide presentation
- *Plating a Dish* worksheet
- Model Food Set
- Chef Plating Toolkits
- Food Plating Scenario Cards
- Dinner plates
- Microfiber cloth
- Dry erase markers
- *20 Plating Techniques* slide presentation

Facilitation Steps:

1. As a class, go over the slides using the facilitator notes for each slide.

Slide 13: Plating a Dish

Slide 14: The Art of Stacking

Explanation of stacking technique with visual examples.

Tips on achieving stability and visual appeal.

Slides 15-16: Garnishing Basics

Overview of garnishing and its importance in plating.

Examples of common garnishes and their applications.

Slide 17: Sauce Art

Techniques for using sauces in plating (e.g., drizzling, dotting).

Visual examples of sauce applications for aesthetic enhancement.

Slides 18-19: Using Color and Texture

Importance of color and texture contrast in plating.

Examples showing effective use of color and texture.

Slide 20: Plating Tools and Their Use

Review the different plating tools in the chef toolkit, asking participants to provide descriptions of each tool's purpose in relation to the plating.

2. Demonstration: Conduct a demonstration showing each technique using the chef plating toolkit. Demonstrate how to stack, garnish, and artistically apply sauces on a plate.
3. In addition to a demonstration, you could also share some short videos on plating techniques. Here are a few to choose from.

25 Easy Plating Techniques (4:46)

<https://www.youtube.com/watch?v=c01s-UVxoQk>

Plating a Vege Stack (.13)

<https://www.youtube.com/shorts/SvJ3gFEOxnA>

[PLATING TECHNIQUES & IDEAS - Sauces, Oils, Purées & Soups - Plate like a Pro! \(youtube.com\)](#)

4. Continue the slide presentation.

Slide 21: Scenarios

Explain the activity. Participants will select 3 Food Plating Scenario Cards and solve a plating challenge using techniques described on the card.

5. Divide participants into groups of 5. Give each group a set of the scenario cards, white dinner plates, and markers. Give each participant the *Plating a Dish* worksheet.
6. Participants work individually or in groups to read their scenarios and brainstorm solutions. Each student should choose 3 scenario cards.
7. Using markers, they will draw their plating solution on the white dinner plates and record their final answers on the *Plating a Dish* worksheet.

8. Participants will use the provided space to justify and explain their plating decision for each scenario. Participants should solve up to 3 different scenarios.
9. Wrap up the scenarios activity by sharing the *20 Plating Techniques* slide presentation. As you show each slide, ask the question on the slide, and see if participants can identify the plating technique. Here is the answer key for each slide:

These techniques are designed to push the boundaries of traditional plating and create an engaging, multisensory dining experience. They blend culinary art with creativity, often turning a meal into an interactive and memorable event. These are main dish plating techniques.

Slide 1: Introductory slide

Slide 2: 1

Ice Sculpture Base: Presenting the dish on a carved ice sculpture, ideal for cold entrees or seafood.

Slide 3: 2

Edible Containers: Using hollowed-out fruits, vegetables, or bread as a container for the dish.

Slide 4: 3

Layered Glassware: Using transparent glassware to layer and showcase the components of the dish vertically.

Slide 5: 4

Suspended Elements: Hanging or suspending elements of the dish, such as dried meats or herbs, above the plate for a dramatic effect.

Slide 6: 5

Interactive Plating: Encouraging diners to interact with their food, such as pouring a sauce themselves or assembling components.

Slide 7: 6

Aroma Infusion: Accompanying the dish with a scented element, like a sprig of smoking rosemary, to engage the sense of smell.

Slide 8: 7

Temperature Play: Combining hot and cold elements in one dish for a surprising contrast.

Slide 9: 8

Mirror Glazing: Applying a shiny, mirror-like glaze to components of the dish, often seen in pastry but innovative for savory dishes.

Slide 10: 9

Gravity-Defying Presentation: Plating in a way that makes elements of the dish appear to defy gravity, such as leaning towers or suspended items.

Slide 11: 10

Edible Paint: Using food-grade paints or colored sauces to create an artistic scene on the plate.

Slide 12: 11

Food Pairing Map: Arranging the components in a way that visually maps out suggested flavor pairings or eating sequences.

Slide 13: 12

Miniature Garden: Creating a small “garden” on the plate using herbs, edible flowers, and microgreens for a natural, earthy presentation.

Slide 14: 13

Color Gradients: Using ingredients in varying shades to create a gradient effect across the plate.

Slide 15: 14

Themed Plating: Designing the presentation to reflect a specific theme, story, or cultural reference.

Slide 16: 15

Texture Contrast: Focusing on creating a stark contrast in textures, such as pairing something crispy with a smooth purée.

Slide 17: 16

Incorporating Art Elements: Drawing inspiration from a specific art movement or famous artwork in the presentation style.

Slide 18: 17

Hidden Elements: Concealing parts of the dish under others or inside edible containers for an element of surprise.

Slide 19: 18

Infused Gels: Using flavor-infused gels to add a modern, textural element to the dish.

Slide 20: 19

Culinary Calligraphy: Writing or drawing on the plate with sauces or reductions in a calligraphic style.

Slide 21: 20

Interactive Heat: Serving a component of the dish on a hot stone or salt block at the table, allowing guests to cook or warm it to their preference.

Food Plating Scenario Cards

Ice Sculpture Base: Presenting the dish on a carved ice sculpture, ideal for cold entrees or seafood.	Aroma Infusion: Accompanying the dish with a scented element, like a sprig of smoking rosemary, to engage the sense of smell.
Edible Containers: Using hollowed-out fruits, vegetables, or bread as a container for the dish.	Temperature Play: Combining hot and cold elements in one dish for a surprising contrast.
Layered Glassware: Using transparent glassware to layer and showcase the components of the dish vertically.	Mirror Glazing: Applying a shiny, mirror-like glaze to components of the dish, often seen in pastry but innovative for savory dishes.
Suspended Elements: Hanging or suspending elements of the dish, such as dried meats or herbs, above the plate for a dramatic effect.	Gravity-Defying Presentation: Plating in a way that makes elements of the dish appear to defy gravity, such as leaning towers or suspended items.
Interactive Plating: Encouraging diners to interact with their food, such as pouring a sauce themselves or assembling components.	Edible Paint: Using food-grade paints or colored sauces to create an artistic scene on the plate.

Food Pairing Map: Arranging the components in a way that visually maps out suggested flavor pairings or eating sequences.	Incorporating Art Elements: Drawing inspiration from a specific art movement or famous artwork in the presentation style.
Miniature Garden: Creating a small “garden” on the plate using herbs, edible flowers, and microgreens for a natural, earthy presentation.	Hidden Elements: Concealing parts of the dish under others or inside edible containers for an element of surprise.
Color Gradients: Using ingredients in varying shades to create a gradient effect across the plate.	Infused Gels: Using flavor-infused gels to add a modern, textural element to the dish.
Themed Plating: Designing the presentation to reflect a specific theme, story, or cultural reference.	Culinary Calligraphy: Writing or drawing on the plate with sauces or reductions in a calligraphic style.
Texture Contrast: Focusing on creating a stark contrast in textures, such as pairing something crispy with a smooth purée.	Interactive Heat: Serving a component of the dish on a hot stone or salt block at the table, allowing guests to cook or warm it to their preference.

Plating a Dish

Instructions: Read each of 3 scenarios and sketch your design using the marker and plate. When you are satisfied with your solution, sketch it below and explain the plating techniques you used.

Sketch Your Solution	Plating Techniques Explained

Lesson Four – Plating Techniques

REVIEW: Plating Errors

20-25 minutes

Purpose:

Participants review knowledge from the LEARN portion through a plating activity and test their understanding by taking a brief quiz.

Materials:

- *Plating Techniques* slide
- Model Food Set
- White dinner plates
- Markers
- *Plating Techniques Quiz*
- *Plating Techniques Quiz – Answer Key*

Facilitation Steps:

1. Share **Slides 22-23: Plating Errors**
2. Divide the participants into four groups. Each group of participants will select one of the errors from the list.
3. Using the Model Food Set, dinner plates, and markers, participants will showcase how they would correct the error.
4. Participants will present to a partner, small group, or the entire class. Participants should justify how they used concepts taught from Lessons 1-3 to plate the dish correctly.
5. **Slide 24: Review**
6. Distribute the *Plating Techniques Quiz*. Allow five minutes for completion.
7. Have participants peer grade or self-grade the quiz as you share answers from the answer key.

Name: _____ Class: _____

Plating Techniques Quiz

Instructions: Answer the following questions based on what you've learned in this lesson. Choose the best answer for multiple-choice questions and provide short, concise answers for open-ended questions.

1. Which of the following is an important factor in plate presentation?
 - a. The temperature of the plate
 - b. The size and color of the plate
 - c. The weight of the plate
 - d. The age of the plate

2. What should be avoided in plating to maintain a visually appealing dish?
 - a. Using a variety of colors
 - b. Creating a focal point
 - c. Overcrowding the plate
 - d. Including a garnish

3. Which technique is essential for adding visual interest and height to a dish?
 - a. Saucing
 - b. Stacking
 - c. Spreading
 - d. Sprinkling

4. Describe how garnishing can enhance a dish's presentation.

5. Explain the importance of negative space in food plating.
6. What should be considered when choosing a plate for a monochromatic dish?

Plating Techniques Quiz – Answer Key

1. Which of the following is an important factor in plate presentation?
 - a. The temperature of the plate
 - b. **The size and color of the plate**
 - c. The weight of the plate
 - d. The age of the plate

2. What should be avoided in plating to maintain a visually appealing dish?
 - a. Using a variety of colors
 - b. Creating a focal point
 - c. **Overcrowding the plate**
 - d. Including a garnish

3. Which technique is essential for adding visual interest and height to a dish?
 - a. Saucing
 - b. **Stacking**
 - c. Spreading
 - d. Sprinkling

4. Describe how garnishing can enhance a dish's presentation.

Garnishing can enhance a dish's presentation by adding color, texture, and visual appeal. It can also provide a complementary flavor or a contrasting element to the main dish, making the overall presentation more appealing and balanced.

5. Explain the importance of negative space in food plating.

Negative space in food plating is important as it prevents the plate from looking overcrowded. It helps highlight the dish's main components, creating a more visually appealing and organized presentation. Negative space can draw the eye to the dish's focal points and make the food look more elegant and thoughtfully composed.

6. What should be considered when choosing a plate for a monochromatic dish?

When choosing a plate for a monochromatic dish, it's important to consider contrast. A plate color contrasting with the food can prevent the dish from looking dull and make the food stand out more. The plate should complement the food's color tones and enhance the dish's visual appeal.

Lesson Five - Correcting Mistakes

Lesson Overview

This lesson will explore common mistakes in food plating and how to avoid them. Understanding what not to do is crucial for mastering the art of food presentation.

Lesson Objectives

After completing this lesson, participants will be able to:

- Identify common mistakes in food plating
- Understand the impact of these mistakes on the overall dining experience
- Learn techniques to avoid these pitfalls

Lesson at a Glance

Activity	Materials	Preparation	Approximate Class Time
FOCUS	• <i>Correcting Mistakes</i> slide presentation • <i>Guess the Mistake</i> worksheet	1. Display the <i>Correcting Mistakes</i> slide presentation for viewing. 2. Print the <i>Guess the Mistake</i> worksheet (one per participant).	10 - 15 minutes
LEARN	• <i>Correcting Mistakes</i> slide presentation • <i>Good Versus Bad Plating</i> worksheet • Internet access	1. Prepare the <i>Correcting Mistakes</i> slide presentation for viewing. 2. Print the <i>Good Versus Bad Plating</i> worksheet (one per participant).	45 - 60 minutes
REVIEW	• <i>Correcting Mistakes Quiz</i> • <i>Correcting Mistakes Quiz</i> – Answer Key • Video clip	1. Participants share their experiences and what they learned from the activity, discussing how they rectified the plating mistakes. 2. Print the <i>Correcting Mistakes Quiz</i> (one per participant). 3. Prepare to share a video clip.	25 minutes

Lesson Five – Correcting Mistakes

FOCUS: Guess the Mistake

10 -15 minutes

Purpose:

Engage participants in identifying common plating mistakes through visual examples, fostering critical thinking and observational skills in food presentation.

Materials:

- *Correcting Mistakes* slide presentation
- *Guess the Mistake* worksheet

Facilitation Steps:

1. Begin the slide presentation.

Slide 1: Introductory slide

Slide 2: Guess the Mistake

Give each participant the *Guess the Mistake* worksheet. Briefly explain the importance of avoiding plating mistakes. Introduce the Guess the Mistake game, outlining its purpose and format.

Show each image and encourage participants to observe and think about each plate's presentation. Ask them to note the mistakes they identify on their worksheet.

After displaying each image, invite participants to share their observations. Discuss why these are considered mistakes and how they could negatively impact the dining experience.

Provide correct plating techniques as a contrast to each mistake.

Slide 3: Mistake #1

Slide 4: Overcrowded Plate

An image of a dish with too many elements crowded onto a small plate. The food should appear cramped, making it difficult to distinguish individual components.

Slide 5: Mistake #2

Slide 6: Mismatched Portion

A photo featuring a dish where one element is disproportionately large or small compared to the rest. For example, a tiny piece of meat with an oversized heap of vegetables.

Slide 7: Mistake #3

Slide 8: Clashing Colors

An image showcasing a dish with clashing color combinations that are unappealing. This could include bright, unnatural food coloring or combinations that don't complement each other.

Slide 9: Mistake #4

Slide 10: Inappropriate Texture Combination

A photo of a dish where the textures do not harmonize, such as a very soggy component next to a crispy one in a way that doesn't make culinary sense.

Slide 11: Mistake #5

Slide 12: Excessive Garnishing

An image of a plate where the garnish overwhelms the main components of the dish. The garnish might be overly large, brightly colored, or simply too abundant, distracting from the main dish.

Guess the Mistake

Instructions: Observe each image carefully, focusing on the arrangement, portion size, color, and garnish. You'll have a minute to write down your identified mistakes. Consider overcrowding, mismatched portion sizes, color clashes, inappropriate texture combinations, and excessive use of garnishes.

	Mistakes Observed:	Corrections:
Image #1		
Image #2		
Image #3		
Image #4		
Image #5		

1. What were the most common mistakes you noticed across the various images? Why do you think these are common errors in food plating?
2. How do you think these mistakes affect the overall visual appeal of the dish? Can you think of a time when you saw or experienced a similarly poorly plated dish?
3. If you were a customer, how would these plating mistakes influence your perception of the dish and the restaurant?

Lesson Five – Correcting Mistakes

LEARN: Good Versus Bad Plating

45-60 minutes

Purpose:

To educate participants on correcting mistakes in plating as well as apply and reinforce the learned concepts through practical analysis.

Materials:

- *Correcting Mistakes* slide presentation
- *Good Versus Bad Plating* worksheet
- Internet access

Facilitation Steps:

1. Starting with slide 13, begin the presentation.

Slide 13: Good Versus Bad Plating

Briefly introduce the topics: plate overcrowding, mismatched portion sizes, inappropriate color combinations, disregarding texture, and excessive garnishing.

Give each participant the *Good Versus Bad Plating* worksheet. Explain why each topic is considered a mistake and how it impacts the dining experience. Show examples of both poor and good plating practices.

Slides 14-15: Common Mistakes

Slides 16-17: Plate Overcrowding

Slide 18: Correcting the Mistake

Slides 19-20: Mismatched Portion Sizes

Slide 21: Correcting the Mistake

Slides 22-23: Inappropriate Color Combinations

Slide 24: Correcting the Mistake

Slides 25-26: Disregarding Texture

Slide 27: Correcting the Mistake

Slides 28-29: Excessive Garnishing

Slide 30: Correcting the Mistake

Slide 31: Review

2. Encourage participants to share their thoughts or experiences about these common mistakes. Discuss how these mistakes could be corrected using proper techniques.
4. Divide the class into five groups. Assign a different plating mistake to each group: 1) plate overcrowding, 2) mismatched portion sizes, 3) inappropriate color combinations 4) disregarding textures, and 5) excessive garnishing.
5. Explain that participants will now have the chance to find examples of this mistake online. The participants in the group should do an online search for examples to share.

Participants may print these examples out or share them from a computer screen. They should choose one to use for the *Good Versus Bad Plating* worksheet.
6. Instruct participants to correct the mistake in their example using proper plating techniques. Encourage creativity and the application of techniques learned in previous lessons.
7. Each of the five groups should be prepared to share one or more examples of their assigned mistake. Once they share the image of the mistake, call on students not in that group to identify how they would correct it.

Ask participants in the group how they corrected it from information they have recorded on the *Good Versus Bad Plating* worksheet.

Good Versus Bad Plating

Instructions: You will be assigned a particular plating mistake to focus on. First, find examples(s) of the mistake discussed. After sketching and describing the mistake, correct the mistake using proper plating techniques. Sketch and describe how you corrected the mistake.

Group members:

_____	_____
_____	_____
_____	_____

BEFORE	AFTER
Describe the Mistake:	Your Corrections:

Lesson Five - Correcting Mistakes

REVIEW: Correcting Mistakes

25 minutes

Purpose:

Participants review knowledge from the LEARN portion by watching a video and test their understanding by taking a brief quiz.

Materials:

- *Correcting Mistakes Quiz*
- *Correcting Mistakes Quiz – Answer Key*

Facilitation Steps:

1. As participants finish the previous activity, have them briefly explain how they corrected the mistake.
2. Offer feedback and highlight the importance of avoiding these common pitfalls in professional culinary settings.
3. To review, share the following video: 5 Mistakes That Are Sabotaging Your Plate Design (16:16)
<https://www.youtube.com/watch?v=Z5u06KGaM7I>
4. Distribute the *Correcting Mistakes Quiz*. Allow five minutes for participants to fill it out.
5. Have participants peer grade or self-grade the quiz as you share answers from the Answer Key.

Correcting Mistakes Quiz

Instructions: Answer the following questions based on what you've learned in this lesson. Choose the best answer for multiple-choice questions and provide short, concise answers for open-ended questions.

1. Why is overcrowding the plate considered a mistake in food plating?
 - a. It makes the dish easier to eat
 - b. It enhances the flavor of the food
 - c. It can make the dish look messy and unappealing
 - d. It is more cost-effective

2. Which is important for achieving a balanced plate presentation?
 - a. Using only warm colors
 - b. Having large portions of each food item
 - c. Using contrasting textures
 - d. Overusing garnishes

3. Excessive garnishing on a plate can lead to:
 - a. An enhanced dining experience
 - b. Overshadowing the main elements of the dish
 - c. Reduced food costs
 - d. Easier food preparation

4. Describe how mismatched portion sizes can affect the overall presentation of a dish.

5. Why are appropriate color combinations important in food plating?

6. What role does texture play in food plating, and how can disregarding it impact a dish?

Correcting Mistakes Quiz – Answer Key

1. Why is overcrowding the plate considered a mistake in food plating?

- a. It makes the dish easier to eat
- b. It enhances the flavor of the food
- c. **It can make the dish look messy and unappealing**
- d. It is more cost-effective

2. Which is important for achieving a balanced plate presentation?

- a. Using only warm colors
- b. Having large portions of each food item
- c. **Using contrasting textures**
- d. Overusing garnishes

3. Excessive garnishing on a plate can lead to:

- a. An enhanced dining experience
- b. **Overshadowing the main elements of the dish**
- c. Reduced food costs
- d. Easier food preparation

4. Describe how mismatched portion sizes can affect the overall presentation of a dish.

Mismatched portion sizes can disrupt the visual balance of a dish, making it look disproportionate and less appealing. It can also affect the perceived value and quality of the meal.

5. Why are appropriate color combinations important in food plating?

Appropriate color combinations are important because they enhance the dish's visual appeal, make it more appetizing, and convey a sense of harmony and balance in the presentation.

6. What role does texture play in food plating, and how can disregarding it impact a dish

Texture plays a crucial role in adding variety and contrast to a dish. Disregarding texture can lead to a monotonous eating experience and make the dish less appealing visually and in terms of the eating experience.

Lesson Six – Portion Size

Lesson Overview

This lesson focuses on the importance of portion size in food plating and presentation. Participants will learn about portion control and its effects on the appeal and nutritional value of dishes.

Lesson Objectives

After completing this lesson, participants will be able to:

- Understand the role of portion control in enhancing a dish's appeal, taste, and nutrition
- Use standard measurements and visual comparisons to determine appropriate food portions
- Develop hands-on skills by creating portion-size models with everyday objects to visualize standard portions better
- Apply knowledge of portion sizes in practical plating exercises, ensuring balanced and visually appealing meals

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• <i>Portion Size</i> slide presentation • <i>Guess the Portion</i> worksheet	1. Prepare <i>Portion Size</i> slide presentation for viewing. 2. Print the <i>Guess the Portion</i> worksheet (one per participant).	10-15 minutes
LEARN	• <i>Portion Size</i> slide presentation • <i>Portion Size Principles</i> worksheet • Everyday objects for portion size comparison • Paper • Markers • Scissors • Tape/glue • <i>Portion Size Reference Sheet</i>	1. Prepare the <i>Portion Size</i> slide presentation for viewing. 2. Prepare objects for the portion size model set activity. 3. Print the <i>Portion Size Reference Sheet</i> and <i>Portion Size Principles</i> worksheet (one per participant).	35-45 minutes
REVIEW	• <i>Plating Portions</i> worksheet • <i>Plating Portions Challenge Scenarios</i> • Participant-created portion size models set • White dinner plates, dry erase marker, microfiber cloth • Model Food Set • <i>Plating Portions Quiz</i> • <i>Plating Portions Quiz – Answer Key</i>	1. Participants need access to their created portion size models. 2. Prepare the dinner plates, dry erase markers and model food set for student use. 3. Print <i>Plating Portions</i> worksheet and <i>Plating Portions Quiz</i> (one per participant). 4. Print and cut out the <i>Plating Portions Challenge Scenarios</i>.	30-45 minutes

Lesson Six – Portion Size

FOCUS: Guess the Portion

10-15 minutes

Purpose:

This activity involves setting a baseline for participants' current understanding and approach to food plating. Participants will demonstrate how plating can communicate information about the dish.

Materials:

- *Portion Size* slide presentation
- *Guess the Portion* worksheet

Facilitation Steps:

1. Give each participant the *Guess the Portion* worksheet. Explain that the objective is to help participants recognize appropriate portion sizes for various types of food.
2. Begin the slide presentation.

Slide 1: Introductory slide

Slide 2: Guess the Portion

Discuss the importance of portion control in food plating and presentation.

Nutrition is a concern for many diners today. With that in mind, you should always consider portion size in plating, so that your dishes have a good balance of nutritional components.

A well-proportioned dish in terms of plating can take two forms. One is a nutritionally balanced dish with the right proportion of protein, carbohydrates, and vegetables on the plate. Another is an adequately sized dish that is well proportioned to the dimensions of the plate.

When plating, always highlight the key ingredient. Nobody wants to order a steak and find the plate crowded with sides and hiding the beef. Balance the portion size of the three elements of the plate.

Make sure the main ingredient stands out among the three elements and not the other way around. When in doubt, always opt for simple food plating that lets the key ingredient shine over a complicated layout that can potentially distract from it. Ultimately,

plating can be an opportunity to show off your creativity and make your dish stand out.

Whether you operate a casual eatery or fine dining restaurant, consistent and accurate food portions are a key part of your business. Thankfully, there are several portion control tools your establishment can use to ensure you control how much food goes on each plate.

Portion control tools help you maintain consistency throughout your dishes, making it easier to manage food inventory and keep track of profit margins.

Restaurant portion control tools come in many shapes and sizes. Some of the most common tools include portion scales, food dishers, spoodles, and other types of spoons.

Everyday kitchen supplies, like measuring cups and ladles, can be great tools for controlling portions. Single-serving packets of condiments (like ketchup or soy sauce) are also a great example of restaurant portion control.

Slide 3: Dish #1

Ask the participants to guess whether the portion size shown is too large, too small, or just right. Encourage them to justify their answers. Facilitate a discussion on each guess, providing insights into the correct portion size for that dish.

After each guess, reveal the correct portion size and explain its appropriateness. Use this to discuss nutritional balance, visual appeal, and culinary standards.

Slides 4-5: Too Large

Engage with the responses, acknowledging correct perceptions and gently correcting misconceptions.

Point out that the portion of spaghetti on the plate is much larger than a typical serving size. Ask participants to consider how such a large portion might impact the perception of the dish and its nutritional value. Discuss the standard serving size for pasta and why portion control is essential.

Slide 6: Dish #2

Slides 7-8: Too Small

Note the inadequacy of the fish portion, being less than the recommended three-ounce serving. Discuss the consequences of under-portioning, including potential nutritional deficiencies and lack of satiety. Talk about the appropriate portion sizes for various types of fish.

Slide 9: Dish #3

Slides 10-11: Just Right

Explain that the chicken breast is portioned correctly, resembling the size of a deck of cards. Discuss the visual and nutritional benefits of appropriate protein sizing. Use this to talk about standard portion sizes for different protein sources.

Slide 12: Dish #4

Slides 13-14: Too Large

Point out the steak's size, double a standard three-ounce serving. Discuss how oversized portions can skew perceptions of a balanced meal and contribute to overeating. Compare this portion to the recommended serving size for meats.

2. Summarize the key takeaways from the game.
Emphasize the role of portion control in food presentation and its impact on the overall dining experience.

Guess the Portion

Instructions: The primary goal of this activity is to make you aware of common misconceptions about portion sizes and visually familiarize yourself with what constitutes an appropriate portion. For each slide, place an X as you guess whether the portion shown is too large, too small, or just right. Explain your reasoning.

Observations and Reasoning	Portion Size:		
	Too Large	Just Right	Too Small

Food Plating and Presentation Curriculum

How did your initial guesses about the portion sizes compare to the standard serving sizes discussed? What does this reveal about your own perceptions or misconceptions regarding portion sizes in daily meals?

How might understanding and applying correct portion sizes impact the way you plan and prepare meals in the future regarding nutritional balance and food presentation?

Lesson Six – Portion Size

LEARN: Portion Size Principles

35-45 minutes

Purpose:

To educate participants on portion size as well as apply and reinforce the learned concepts through practical analysis.

Materials:

- *Portion Size Principles* slide presentation
- *Portion Size Principles* worksheet
- Everyday objects for portion size comparison
- Paper
- Markers
- Tape/glue
- Scissors
- *Portion Size Reference Sheet*

Facilitation Steps:

1. Give each participant a *Portion Size Principles* worksheet.
2. Starting with slide 15, begin the slide presentation.

Slides 15-18: Portion Size Principles

Explain each concept in detail. Participants should record information on the worksheet that identifies specific types of food and portion sizes.

Define portion sizes and their significance in culinary presentation and nutrition. Explain the impact of portion control on health, satisfaction, and food aesthetics.

Slide 19: Meats

Use the images of common household items as visual references for portion sizes (e.g., cards representing an appropriate meat serving size).

Slide 20: Fruits and Vegetables

Emphasize the practicality of these visual aids in meal preparation and portion estimation.

Slide 21: Starches

Discuss how plate size and color influence the perception of portion sizes and overall meal satisfaction.

Slide 22: Cheese

Explain the relevance of portion control in food presentation, nutrition, and waste reduction.

Slide 23: Fish

Discuss how these standards are determined and their nutritional implications. Emphasize the usefulness of these visual aids in everyday meal preparation.

Slides 24-25: Psychological Factors

Discuss the psychological effects of plate size and design on the perception of portion sizes.

Slide 26: Common Portion Mistakes

Highlight how external factors influence our perception of appropriate portion sizes.

Slides 27-28: Plating Portions

Explain that the objective is for participants to create their own portion size model sets using everyday objects. If they cannot access to the objects themselves (i.e., card deck, tennis balls etc.), then they can draw a paper model that represents the size (perimeter) of that item.

Organize participants into individual or group setups. Distribute the materials needed for the activity. Guide participants as they choose objects representing different food portions (e.g., a sponge for a slice of bread, a tennis ball for a serving of fruit).

Encourage internet research to discover sources that identify common objects for portion sizes. Foster creativity in how they construct their models while emphasizing the importance of accuracy in size representation.

Facilitate a discussion on how these models reflect standard portion sizes and how they can be used in meal planning. They will participate an activity using their participant-created portion

size model set. Allow time for completion of this activity.

Slide 29: Review

Go over the key points about portion size.

3. Share a video on portion size. Here are a couple to choose from:

[The Reason Portion Size REALLY Matters! \(youtube.com\)](#)

[The Basics of Portion Sizes \(youtube.com\)](#)

4. Ask participants how serving and portion sizes are defined. A portion is the amount of food that you choose to eat for a meal or snack. It can be big or small, you decide. A serving is a measured amount of food or drink, such as one slice of bread or one cup (eight ounces) of milk.

Play the following video: Serving Size vs Portion Size

<https://www.youtube.com/watch?v=u8jks0uDfwg>

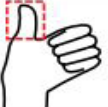
5. Give participants the *Portion Size Reference Sheet* to refer to.

Plating Size Principles

Instructions: Identify a common object and/or the approximate size that represents proper serving size of various foods based on the lecture information and independent research.

Food Category	Specific Food Item	Comparison (Common Object or Item)	Serving Size Represented by Comparison Object
Dairy: Milk and Milk Products			
Fruits			
Grains, Breads, and Cereals			
Meat, Beans, and Nuts			
Vegetables			
Other			

Portion Size Reference Sheet

FOOD	SYMBOL	COMPARISON	SERVING SIZE
Milk & Milk Products			
Cheese (string cheese)	 	Pointer finger	1½ ounces
Milk and yogurt (glass of milk)	 	One fist	1 cup
Vegetables			
Cooked carrots	 	One fist	1 cup
Salad (bowl of salad)	 	Two fists	2 cups
Fruits			
Apple	 	One fist	1 medium
Canned peaches	 	One fist	1 cup
Grains, Breads & Cereals			
Dry cereal (bowl of cereal)	 	One fist	1 cup
Noodles, rice, oatmeal (bowl of noodles)	 	Handful	½ cup
Slice of whole wheat bread	 	Flat hand	1 slice
Meat, Beans & Nuts			
Chicken, beef, fish, pork (chicken breast)	 	Palm	3 ounces
Peanut butter (spoon of peanut butter)	 	Thumb	1 tablespoon

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Lesson Six – Portion Size

REVIEW: Plating Portions Challenge

30-45 minutes

Purpose:

Participants review knowledge from the LEARN portion through a plating activity and test their understanding by taking a brief quiz.

Materials:

- *Plating Portions* worksheet
- *Plating Portions Challenge Scenarios*
- Student-created portion size model set
- Model Food Set
- White dinner plates, dry erase marker, microfiber cloth
- *Plating Portions Quiz*
- *Plating Portions Quiz – Answer Key*

Facilitation Steps:

1. Give each participant the *Plating Portions* worksheet. Explain the challenge. Participants will use their portion size models set to create a plated meal based on the scenario card they receive. Emphasize the importance of accurate portioning as well as visual appeal.
2. Distribute the scenario cards randomly to participants or groups. Ensure each participant or group can access white dinner plates and their portion size models. The Model Food Set may also be used if desired. Participants should use the plates and these items to solve the plating scenario challenge.

3. Allow participants time to plan and execute their plating designs based on their scenarios. Participants should sketch their final plate on the corresponding *Plating Portions* worksheet.
4. Invite each participant or group to present their plated meal. Encourage creativity while maintaining the focus on appropriate portion sizes.

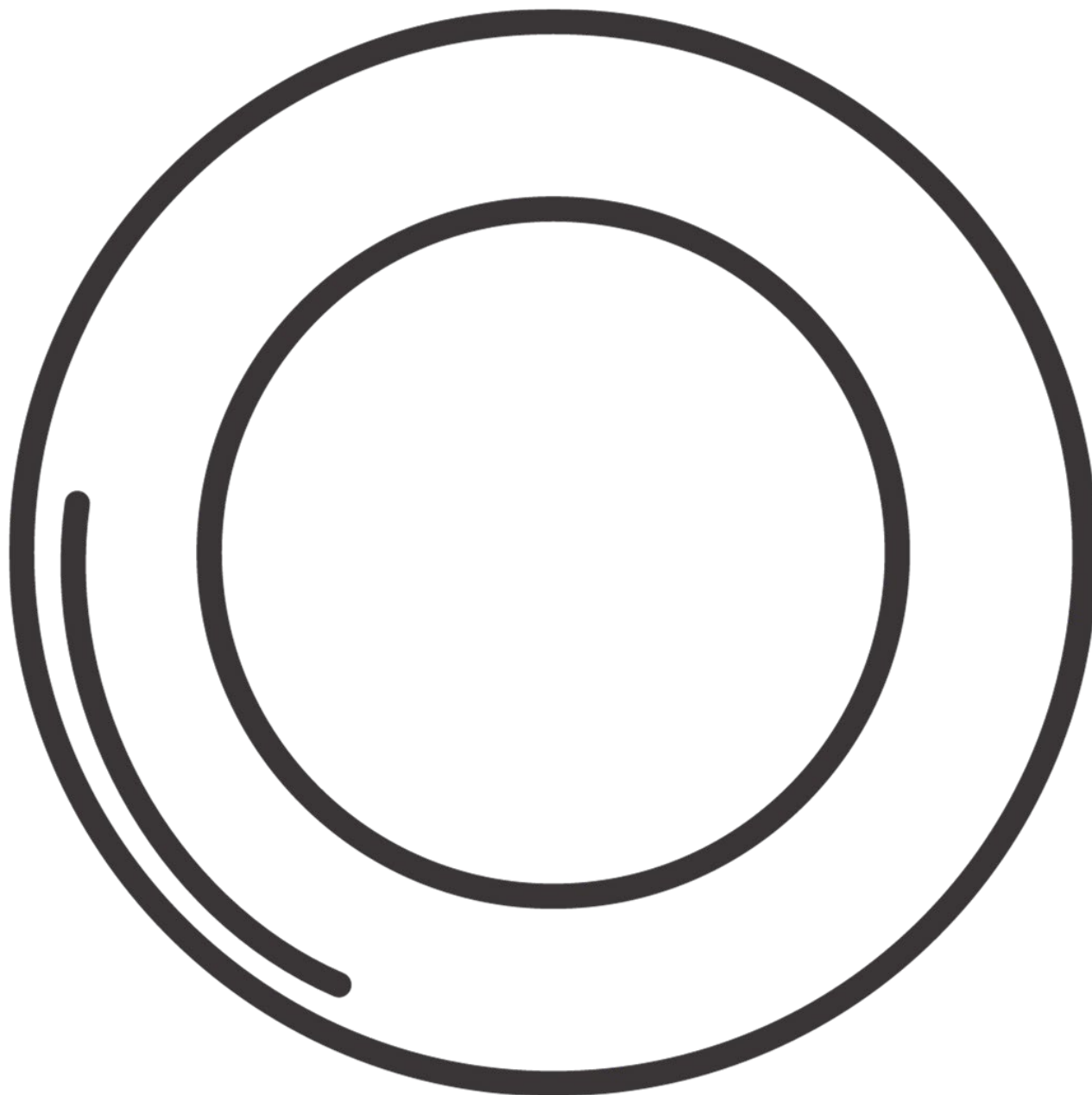
Highlight the diversity of meal types and the need to adapt portion sizes accordingly. Ensure that participants understand the practical application of portion control in various meal scenarios.
5. Facilitate a class discussion in which participants can provide constructive feedback on each other's plating, focusing on portion accuracy and presentation.
6. Distribute the *Plating Portions Quiz*. Allow five minutes for participants to fill out.
7. Have participants peer grade or self-grade the quiz as you share answers from the Answer Key

Plating Portions Challenge Scenarios

Breakfast Plate: Create a balanced breakfast plate featuring eggs, toast, and fruit.	Vegetarian Meal: Plate a vegetarian dish with a protein substitute, vegetables, and grains.
High-Protein Dish: Design a meal focusing on lean meats and complementary sides.	Dessert Presentation: Arrange a dessert plate with a moderate serving of sweet treats and fruit garnish.
Fine Dining Appetizer: Plate an appetizer portion suitable for a fine dining experience, focusing on presentation and elegance.	Kid-Friendly Meal: Prepare a fun and nutritious plate that would appeal to children.

Plating Portions

Instructions: Model your portion scenario using the model set you have developed. Once you have finalized your plate, sketch it below.



Plating Portions Quiz

Instructions: Answer the following questions based on what you've learned in this lesson. Choose the best answer for multiple-choice questions and provide short, concise answers for open-ended questions.

1. Which household items can be used to visually estimate a serving size of three ounces of fish?

- a. A deck of cards
- b. A checkbook
- c. A computer mouse
- d. A baseball

2. What is the importance of portion control in culinary arts?

- a. Only to reduce food costs
- b. Only to make the plate look more appealing
- c. To ensure nutritional balance and enhance presentation
- d. None of the above

3. Describe how four stacked dice can be used in portion control.

4. Why is understanding and applying portion sizes in meal preparation important?

5. How can everyday objects help in teaching portion control?

Plating Portions Quiz – Answer Key

1. Which household items can be used to visually estimate a serving size of three ounces of fish?

- a. A deck of cards
- b. **A checkbook**
- c. A computer mouse
- d. A baseball

2. What is the importance of portion control in culinary arts?

- a. Only to reduce food costs
- b. Only to make the plate look more appealing
- c. **To ensure nutritional balance and enhance presentation**
- d. None of the above

3. Describe how four stacked dice can be used in portion control.

Four stacked dice can be used as a visual guide to represent the appropriate portion size for a block of cheese, about 1.5 ounces.

4. Why is understanding and applying portion sizes in meal preparation important?

Understanding and applying portion sizes is important to ensure nutritional balance, control calorie intake, reduce food waste, and create aesthetically pleasing meals.

5. How can everyday objects help in teaching portion control?

Everyday objects, by serving as visual aids, can help people easily estimate and understand portion sizes without the need for scales or measuring cups, making it easier to apply portion control in everyday cooking and meal planning.

Lesson Seven – Plating Trends

Lesson Overview

This lesson explores various food plating trends that have shaped the culinary world. Participants will learn to identify and create dishes following these trends.

Lesson Objectives

After completing this lesson, participants will be able to:

- Identify different food plating trends
- Understand the historical and cultural influences on these trends
- Create a plated dish or a presentation showcasing a chosen trend

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• <i>Plating Trends</i> slide presentation	1. Prepare the <i>Plating Trends</i> slide presentation for viewing.	15 minutes
LEARN	• <i>Plating Trends</i> slide presentation • <i>Modern Plating Trends</i> worksheet • Internet access	1. Prepare the <i>Plating Trends</i> slide presentation for viewing. 2. Print the <i>Using Modern Plating Trends</i> worksheet (one per participant).	70-120 minutes
REVIEW	• <i>Modern Plating Trends</i> worksheet • <i>Plating Trends Quiz</i> • <i>Plating Trends Quiz – Answer Key</i>	1. Print the <i>Plating Trends Quiz</i> (one per participant).	30-60 minutes

Lesson Seven – Plating Trends

FOCUS: Historical Plating Trends

15 minutes

Purpose:

To engage participants in understanding how food presentation has evolved over time and its reflection of cultural and historical contexts.

Materials:

- *Plating Trends* slide presentation

Facilitation Steps:

1. Start by explaining the objective of the discussion. Briefly introduce the concept of food plating and its significance in culinary arts.
2. Begin showing the slide presentation.

Slide 1: Introductory slide

Take time to describe each plating style. For each style, provide a brief historical and cultural background. Encourage participants to observe the differences in presentation, use of color, arrangement, and portion sizes.

Ask open-ended questions to stimulate discussion, such as:

- How does the plating style of classical French cuisine reflect the cultural values of that era?
- What do you think inspired the minimalist trend in modern plating?
- Can you identify any historical events or cultural shifts that might have influenced these trends?

Invite participants to share their thoughts on how plating styles have changed and what might have influenced these changes. Encourage them to consider how the plating style would impact the diner's experience.

Slides 2-3: Ancient and Medieval Cuisine

Plating is characterized by abundance and communal serving. Focus on showcasing wealth and variety rather than individual presentation.

Slides 4-5: Renaissance to 18th Century

A gradual shift to artistic presentation. Use of intricate designs and the introduction of tableware as a part of the presentation.

Slides 6-8: 19th Century French Haute Cuisine

Elegance and precision in plating. Introduction of techniques like *à la russe* service, emphasizing individual plating and decoration.

Slides 9-11: 20th Century - Modernism in Food

Influence of modern art movements. Emphasis on minimalism, geometric shapes, and abstract presentation. Fusion of science and cooking. Focus on textures, flavors, and novel presentation methods.

Slide 12-14: Contemporary Trends - Molecular Gastronomy

Molecular gastronomy blends science and cooking, using techniques like spherification and liquid nitrogen to manipulate food on a molecular level.

Chefs prioritize sustainability and locally sourced, organic ingredients.

This innovative field can potentially revolutionize the culinary world and is a fascinating subject for science and cooking enthusiasts.

Slides 15-16: Global Influences - Fusion and Eclecticism

Global cuisine's fusion and eclecticism have brought about a new era of culinary creativity.

Chefs draw inspiration from diverse culinary traditions to create unique, visually stunning dishes, resulting in contemporary plating that is both delicious and appealing.

Slide 17: Looking to the Future

The culinary world is evolving as cooking is viewed as both an art and science, driven by societal changes and technology.

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Food bloggers, social media influencers, and cooking shows have contributed to this trend, while chefs have more food to work with.

As climate change increases, sustainability and ethical eating practices are expected to become more important.

Slide 18: Discussion

How do you think cultural and historical contexts have influenced these plating styles?

Which style resonates most with you, and why?

How might current societal changes shape future plating trends?

3. If time allows, ask participants to speculate on future trends in food plating based on current societal changes.
4. Summarize the key points discussed.
5. Briefly introduce how this understanding will be valuable in identifying and creating dishes aligned with current plating trends, setting the stage for the next part of the lesson.
 - Be prepared to provide additional insights or historical facts if the discussion slows down
 - Ensure that all participants have an opportunity to contribute
 - Use the discussion to assess participants' prior knowledge and interest in the topic, which can be useful for tailoring subsequent lesson sections

Lesson Seven – Plating Trends

LEARN: Modern Plating Trends

70-120 minutes

Purpose:

To educate participants on plating trends as well as apply and reinforce the learned concepts through practical application.

Materials:

- *Plating Trends* slide presentation
- *Modern Plating Trends* worksheet

Facilitation Steps:

1. As a class, go over the slides using the facilitator notes. Explain that modern plating trends reflect current cultural, artistic, and culinary movements.

Slide 19: Modern Plating Trends

Introduce each trend: rustic, geometric, deconstructed, minimalistic, monochromatic, natural/organic, and retro. Use the slides to show examples of each trend.

Discuss the key characteristics of each style. Highlight the appeal of each trend, like how minimalistic plating can emphasize the quality of ingredients.

Ask participants for their opinions on these trends. Encourage them to consider what trends they prefer in different dining situations.

Slides 20-21: Rustic Plating

Using organic materials, like wood, slate, and stone, as a plating device lends a more rustic and back-to-nature feel to dishes.

Slides 22-23: Geometric Plating

With its emphasis on symmetry, this art form elevates dishes to a whole new level, turning them into visually aesthetic masterpieces. Geometric plating involves arranging the meal components in specific patterns, lines, and shapes, creating a harmonious balance that not only delights the eye but also enhances the overall taste of the dish.

Slides 24-25: Deconstructed Plating

The concept of deconstruction re-imagines the elements of a dish in a new light. When presenting a deconstructed dish, it should hold the flavors and textures of the original inspiration (often a classic preparation), while creating a connection to the modern interpretation.

Slide 26: Minimalistic Plating

The world of culinary plating often adheres to the adage “less is more,” manifesting the principle of simplicity. This philosophy, deeply rooted in minimalism, suggests that a plate should not be overcrowded; each food element should have its own space, its own stage on which to perform its culinary dance.

Slides 27-28: Monochromatic Plating

In monochrome meals or menus, each dish or a course is a single color or different hues of the same shade.

Slide 29: Natural/Organic Plating

Organic materials, like wood, slate, and stone, as a plating device lend a more rustic and back-to-nature feel to dishes. These types of plates are necessary for thematic dining, where the goal is to offer a holistic sensory experience to guests. However, serving ware made of organic materials should be food-grade and bacteria-resistant.

Slides 30-31: Retro-Inspired Plating

Retro or vintage dishes combine traditional plating with modern twists, creating a unique dining experience that evokes nostalgia and honors classic culinary traditions. They add sophistication and charm to any meal, making them a great choice for impressing guests or adding flair to your own cooking.

2. Divide the class into small groups, aiming for a mix of perspectives and ideas in each group.
3. Give each participant the *Modern Plating Trends* worksheet. Each group should brainstorm how one of the plating trends could

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be applied to different types of dishes (e.g., appetizer, main course, dessert).

4. Encourage groups to think outside the box and consider how the trend can enhance the visual appeal and overall dining experience.
5. Invite each group to share their most creative or intriguing idea with the class.

Name: _____ Class: _____

Modern Plating Trends

Instructions: Brainstorm and decide how your assigned trend could be applied to different dishes. Describe and sketch your dish for each category.

Assigned Trend: _____

Appetizer	Salad	Main Course	Dessert

1. How did the chosen plating trend influence the presentation of each type of dish?

2. What challenges did you encounter in adapting the plating trend to different types of dishes, and how did you overcome them?

3. How did the plating trend enhance or change the perceived flavor or appeal of the dishes?

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4. What did you learn about the versatility or limitations of the plating trend through this exercise?

5. Which dish do you feel was most successfully plated in line with the trend, and why?

Lesson Seven – Plating Trends

REVIEW: Trending Plates

30-60 minutes

Purpose:

Participants test their understanding by taking a brief quiz.

Materials:

- *Plating Trends Quiz*
- *Plating Trends Quiz – Answer Key*

Facilitation Steps:

1. Allow participants to select one of the plating trends to focus on for their research presentation.
2. Give participants work time to gather information. They will create a 3-minute slide presentation to showcase their findings. Give extra credit to participants who create a plated dish using their trend.
3. Arrange the class so everyone can see the presentations or plated dishes. If participants have created physical dishes, set them up in a visible area. For prepared digital presentations, ensure the projector and screen are ready.
4. Invite each participant or group to present their work. This can include:
 - Describing the chosen trend and its characteristics
 - Explaining the thought process behind their plating or presentation
 - Encourage the class to pay attention and think of questions or comments.
5. After each presentation, offer constructive feedback focusing on:
 - How well the trend was represented in their work.
 - The creativity and thoughtfulness of the presentation or plating.

- Any areas for improvement or alternative approaches they could consider.
- Encourage feedback from other students, fostering a collaborative learning environment.

4. Highlight the effectiveness of each trend in different contexts. Discuss how different trends can influence the diner's experience and perception of the dish.

Make sure feedback is balanced, acknowledging the strengths and areas for improvement in each student's work. Keep the atmosphere positive and encouraging, ensuring participants feel valued for their effort and creativity. Use this opportunity to reinforce key concepts about food plating and presentation discussed throughout the lesson.

5. Here is a suggested grading rubric for the class presentation:
 - 50 points: Information presented described the chosen trend and characteristics
 - 10 points: Prepared for the presentation
 - 10 points: The presentation content was clear, concise, and gave a good understanding this plating trend
 - 20 points: Demonstrated the ability to think critically and took information from other sources to create the presentation
 - 10 points: Demonstrated time management skills by delivering a well-planned, 3-minute presentation
6. Distribute the *Plating Trends Quiz*. Give participants 5 minutes to fill it out.
7. Have participants peer grade or self-grade the quiz as you share answers from the Answer Key.

Name: _____ Class: _____

Plating Trends Quiz

Instructions: Answer the following questions based on what you've learned in this lesson. Choose the best answer for multiple-choice questions and provide short, concise answers for open-ended questions.

1. Which plating trend focuses on highlighting the individual components of a dish?
 - a. Rustic
 - b. Geometric
 - c. Deconstructed
 - d. Monochromatic

2. What is a key characteristic of minimalistic plating?
 - a. Abundance of elements on the plate
 - b. Bright and contrasting colors
 - c. Simple, clean presentation with few elements
 - d. Use of vintage or retro elements

3. Which of the following trends emphasizes using natural ingredients and presentation?
 - a. Retro-inspired
 - b. Monochromatic
 - c. Natural/organic
 - d. Geometric

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4. Describe how the rustic plating trend differs from the geometric plating trend.

5. How can the choice of plating trend influence a diner's experience?

6. What factors should a chef consider when choosing a plating trend for a dish?

Plating Trends Quiz – Answer Key

1. Which plating trend focuses on highlighting the individual components of a dish?

- a. Rustic
- b. Geometric
- c. **Deconstructed**
- d. Monochromatic

2. What is a key characteristic of minimalistic plating?

- a. Abundance of elements on the plate
- b. Bright and contrasting colors
- c. **Simple, clean presentation with few elements**
- d. Use of vintage or retro elements

3. Which of the following trends emphasizes using natural ingredients and presentation?

- a. Retro-inspired
- b. Monochromatic
- c. **Natural/organic**
- d. Geometric

4. Describe how the rustic plating trend differs from the geometric plating trend.

The rustic plating trend is characterized by a homely and comforting style, often showcasing natural ingredients in a more casual and less structured manner. In contrast, the geometric plating trend emphasizes clean lines, shapes, and symmetry, focusing on the plate's more structured and precise arrangement of food elements.

5. How can the choice of plating trend influence a diner's experience?

The choice of plating trend can significantly affect a diner's experience by setting expectations, evoking emotions, and influencing their perception of taste and quality. For example, a minimalist plate can highlight the quality of ingredients and create a sophisticated experience. In contrast, a deconstructed plate can pique curiosity and encourage diners to interact with the dish differently.

6. What factors should a chef consider when choosing a plating trend for a dish?

A chef should consider the type of cuisine, the ingredients used, the dining setting, and the target audience. The chosen trend should complement the dish's flavors and textures, align with the overall theme or concept of the restaurant or meal, and appeal to the preferences and expectations of the diners. Additionally, practical considerations, like the ease of execution and available resources, should also be taken into account.

Lesson Eight - Dessert Plating and Presentation

Lesson Overview

This lesson focuses on the art of dessert plating. Participants will explore various techniques to enhance the visual appeal of desserts, emphasizing the importance of color, texture, and composition in creating a memorable end to a meal.

Lesson Objectives

After completing this lesson, participants will be able to:

- Understand the principles of dessert plating
- Master techniques to create visually appealing dessert presentations
- Experiment with different plating styles to showcase desserts creatively

Lesson at a Glance

Activity	Materials	Preparation	Approximate Class Time
FOCUS	• <i>Dessert Plating and Presentation</i> slide presentation	1. Prepare the <i>Dessert Plating and Presentation</i> slide presentation for viewing.	10 minutes
LEARN	• <i>Dessert Plating and Presentation</i> slide presentation • <i>Dessert Plating Principles</i> worksheet • Model food set • Chef plating toolkits	1. Prepare <i>Dessert Plating and Presentation</i> slide presentation for viewing. 2. Prepare the model food set and plating tools for live demonstration. 3. Print the <i>Dessert Plating Principles</i> worksheet (one per participant).	30-40 minutes
REVIEW	• <i>Dessert Plating Principles</i> worksheet • White dinner plates • Chef plating toolkits • <i>Final Ice Cream Dessert Plating</i> worksheet • Ice Cream (several varieties) • Ice cream toppings (sprinkles, flavored syrups, fruit, whipped cream, chocolate chips) • <i>Dessert Plating Quiz</i> • <i>Dessert Plating Quiz</i> – Answer Key	1. Print the <i>Final Dessert Plating</i> worksheet and <i>Dessert Plating Quiz</i> (one of each per participant). 2. Prepare the ice cream, toppings, plates, and plating tools.	30-60 minutes

Lesson Eight – Dessert Plating and Presentation

FOCUS: Sweet Treat Inspiration

10 minutes

Purpose:

Engage participants through visual examples, fostering critical thinking and observational skills in dessert plating and presentation.

Materials:

- *Dessert Plating and Presentation* slide presentation

Facilitation Steps:

1. Start the lesson by explaining the significance of dessert plating in the culinary world. Mention how a well-plated dessert can enhance the dining experience, making it memorable.
2. Ask open-ended questions to the class to encourage thinking about dessert presentation. For instance:
 - What makes a dessert visually appealing to you?
 - Can you recall when a dessert's presentation made it more enjoyable?
 - How do you think the presentation of a dessert affects its perceived taste and value?
3. Use various images/slides of beautifully plated desserts. Briefly describe each dessert, focusing on visual elements, like color contrast, arrangement, and garnish.

Slide 1: Introductory slide

Slide 2: Sweet Treat Inspiration

Invite participants to identify and discuss the elements that make each dessert visually appealing. Encourage them to consider aspects such as:

- The balance of colors and textures
- The use of negative space on the plate

- The arrangement and shape of dessert components
- Creative use of garnishes and decorations

Slide 3: The Role of Color and Contrast

- Use color to create visual interest
- Contrast in colors to make desserts pop

Slide 4: Texture and Balance in Dessert Plating

- Balance different textures for a complete experience

Slides 5-6: Composition: Arranging Your Elements

- Create a focal point in your dessert

Slides 7-8: Using Negative Space

Slides 9-10: Garnishing: The Final Touch

- Select the right garnishes for your dessert

Slides 11-12: Practical Plating Techniques

- Quenelle ice cream and mousses
- Drizzle sauces artistically
- Use tools like offset spatulas and piping bags

5. If time permits, share a video about dessert plating. Here are a couple to consider:

30 Easy Plating Ideas for Dessert (12:12)
<https://www.youtube.com/watch?v=n8c4WUMv6NI>

Contemporary Dessert Plating (1:39)
<https://www.youtube.com/watch?v=VZ2wS9-2oys>

Lesson Eight – Dessert Plating and Presentation

LEARN: Dessert Plating Principles

30-40 minutes

Purpose:

To educate participants on key dessert plating principles as well as apply and reinforce the learned concepts through practical application.

Materials:

- *Dessert Plating and Presentation* slide presentation
- *Dessert Plating Principles* worksheet

Facilitation Steps:

1. Starting with slide 13, begin the presentation. Ensure each slide is discussed thoroughly, emphasizing the key points. Explain each concept, such as color contrast, texture, and composition, using the images in the slides as visual aids.

Slide 13: Dessert Plating Principles

Encourage questions and interactions during the presentation to ensure participant engagement and understanding. Open by discussing the impact of presentation on the dining experience, highlighting the role of visual appeal in enhancing taste perception.

Slide 14: Playing with Colors

Slide 15: Texture

Texture adds to the dessert experience. Combine different textures for a balanced plate.

Slide 16: Artful Arrangement

Slide 17: Power of Negative Space

Review the definition and importance of negative space in plating.

Slide 18: Garnishes: The Finishing Touch

Using the chef plating toolkit, demonstrate key plating techniques, such as quenelle, drizzling sauces, and applying garnishes.

2. Focus on the nuances of each technique. For instance, when demonstrating quenelle, show how to create the perfect shape and smooth surface.
3. Highlight the importance of color contrast, portion size, and plate selection in enhancing the overall appeal of the dessert.
4. Allow participants to come closer to observe the techniques and ask questions.
5. Distribute the *Dessert Plating Principles* worksheet. They must select 3 ice cream plating options. Participants will sketch and describe their design to incorporate what they have just learned.

Dessert Plating Principles

Instructions: Show how you would plate ice cream three different ways. Sketch and describe your dish for each version.

Ice Cream Dessert 1:	Ice Cream Dessert 2:	Ice Cream Dessert 3:

1. Option 1: How did you decide on the design and style of your plated dessert? In what ways did you incorporate your own creativity into the plating of Option 1?
2. Option 2: Which plating techniques did you use and why? Did you face any challenges while applying these techniques to Option 2?
3. Option 3: How did you use color and texture in your plating? Do you think these elements enhanced the overall appeal of Option 3?
4. Describe the composition of each plated dessert. How did you achieve balance on each plate?

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- How did you use negative space in each plating design?
- What garnishes did you choose, and why? How did your garnishing choices complement the main elements of each ice cream dish?

Lesson Eight – Dessert Plating and Presentation

REVIEW: Final Ice Cream Plating Lab Activity

30-60 minutes

Purpose:

Participants review knowledge from the LEARN portion through a plating activity and test their understanding by taking a brief quiz.

Materials:

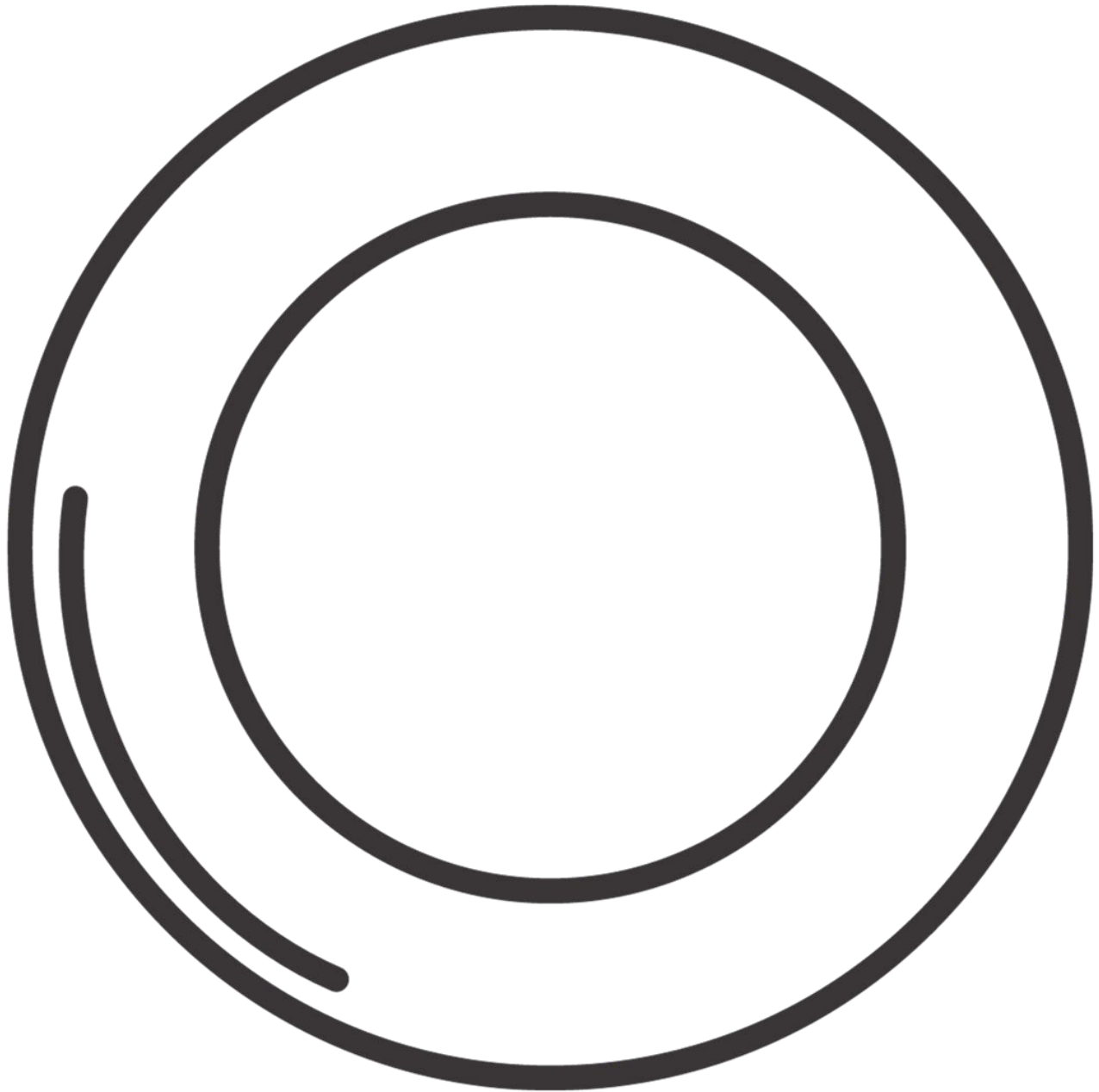
- *Final Ice Cream Dessert Plating* worksheet
- White dinner plates
- Chef plating toolkits
- Ice cream (several varieties)
- Ice cream toppings (sprinkles, flavored syrups, fruit, whipped cream, chocolate chips)
- *Dessert Plating Quiz*
- *Dessert Plating Quiz – Answer Key*

Facilitation Steps:

1. Explain the activity and distribute the materials to each participant or kitchen lab. Instruct participants to sketch their final dessert plating ideas on their worksheets. Emphasize the importance of planning the layout and composition before beginning the physical plating.
2. Participants will use ice cream, available toppings, and plating tools to bring their sketched designs to life. Encourage them to experiment with the techniques learned, such as quenelle and drizzling, and to try different arrangements and garnishes.
3. Invite participants to present their plated desserts to the class. Provide constructive feedback, highlighting the strengths of each design and suggesting areas for improvement.
4. Dig in and eat your creations!
5. Distribute the *Dessert Plating Quiz*. Give participants five minutes to fill it out.
6. Have participants peer grade or self-grade the quiz as you share answers from the Answer Key.

Final Ice Cream Dessert Plating

Instructions: Choose one ice cream dish from the previous activity to prepare as a presentation for the class. Sketch your finalized plated ice cream dessert below. Be prepared to explain your thought process.



Dessert Plating Quiz

Instructions: Answer the following questions based on what you've learned in this lesson. Choose the best answer for multiple-choice questions and provide short, concise answers for open-ended questions.

1. Which of the following is an important factor in dessert plating?
 - a. Size of the dessert
 - b. Color contrast
 - c. Temperature of the plate
2. When plating a dessert, what is the purpose of using negative space?
 - a. To keep the dessert warm
 - b. To create a visual balance and focus on the dessert
 - c. To use up all available space on the plate
3. What is a quenelle?
 - a. A type of sauce used in desserts
 - b. A technique in which you create an oval shape with soft food
 - c. A special type of garnish
4. Describe how texture can be used effectively in dessert plating
5. Explain the importance of garnishing in dessert plating and provide an example of an effective garnish.
6. How can the principles of composition be applied to create a visually appealing plated dessert?

Dessert Plating Quiz – Answer Key

1. Which of the following is an important factor in dessert plating?
 - a. Size of the dessert
 - b. **Color contrast**
 - c. Temperature of the plate
2. When plating a dessert, what is the purpose of using negative space?
 - a. To keep the dessert warm
 - b. **To create a visual balance and focus on the dessert**
 - c. To use up all available space on the plate

3. What is a quenelle?
 - a. A type of sauce used in desserts
 - b. **A technique in which you create an oval shape with soft food**
 - c. A special type of garnish

4. Describe how texture can be used effectively in dessert plating.

Texture in dessert plating can be used to add sensory variety and visual interest. Combining different textures, such as smooth, creamy elements with crunchy or crisp components, makes a plated dessert more appealing and provides a more complex eating experience.

5. Explain the importance of garnishing in dessert plating and provide an example of an effective garnish.

Garnishing is crucial in enhancing the visual appeal and adding complementary flavors or textures to a dessert. An effective garnish should be edible, visually appealing, and complement the main elements of the dessert. For example, a mint leaf on a chocolate mousse adds color contrast and a refreshing flavor.

6. How can the principles of composition be applied to create a visually appealing plated dessert?

Principles of composition, such as balance, focus, and harmony, can be applied in dessert plating by thoughtfully arranging the dessert components on the plate. This includes considering the placement of the main item, accompaniments, and garnishes to create a visually appealing and balanced presentation. Symmetry or asymmetry can also contribute to an aesthetically pleasing arrangement.

Lesson Nine - Breakfast Plating and Presentation

Lesson Overview

This lesson focuses on the art of breakfast plating and presentation, emphasizing the importance of aesthetics, balance, and portion control for the first meal of the day.

Lesson Objectives

After completing this lesson, participants will be able to:

- Understand the unique aspects of breakfast plating
- Learn techniques for presenting traditional and modern breakfast dishes
- Apply plating skills using the chef plating toolkit and model food set

Lesson at a Glance

Activity	Materials	Preparation	Approximate Class Time
FOCUS	• <i>Breakfast Plating and Presentation</i> slide presentation • <i>Breakfast Plating Principles</i> worksheet	1. Prepare the <i>Breakfast Plating and Presentation</i> slide presentation for viewing. 2. Print the <i>Breakfast Plating Principles</i> worksheet (one per participant).	15-25 minutes
LEARN	• <i>Breakfast Plating Menu</i> worksheet • White dinner plates • Dry erase markers • Microfiber cloths	1. Gather the dinner plates, markers, and microfiber cloths. 2. Print the <i>Breakfast Plating Menu</i> worksheet (one per participant).	30-60 minutes
REVIEW	• <i>Breakfast Plating Scenario</i> worksheet • Chef plating toolkit • White dinner plates • Model food set	1. Print the <i>Breakfast Plating Scenario</i> worksheet (one per participant). 2. Gather the toolkit, plates, and models.	15 minutes

Lesson Nine – Breakfast Plating and Presentation

FOCUS: Breakfast Plating Principles

15-25 minutes

Purpose:

Engage participants in a discussion about their favorite breakfast dishes, fostering an understanding of the elements that make breakfast plating visually appealing.

Materials:

- *Breakfast Plating and Presentation* slide presentation
- *Breakfast Plating Principles* worksheet

Facilitation Steps:

1. Explain the importance of visual appeal in food plating, specifically for breakfast. Introduce the brainstorming activity, emphasizing the focus on aesthetics.
2. Begin the slide presentation.

Slide 1: Introductory slide

Slide 2: Visual Appeal Matters

Invite participants to think about their favorite breakfast dishes. Ask them to consider not just the taste but also the visual presentation. Encourage students to think about various elements like color, arrangement, garnishes, and dishware used.

Distribute the *Breakfast Plating Principles* worksheet and have participants write down their dish, briefly describing what makes it visually appealing.

After all participants have shared, lead a brief discussion. Highlight common themes or unique ideas that emerged during the brainstorming.

Slide 3: Key Elements in Breakfast Plating

Introduce the principles of breakfast plating. Point out how certain elements, like color contrast, garnish placement, or symmetry, can enhance the visual appeal of breakfast dishes.

Slide 3: Key Elements in Breakfast Plating

Slides 4-5: Example: Classic Pancake Stack

- Color: Golden pancakes with colorful berries

- Arrangement: Neat stack with a drizzle of syrup
- Garnish: Mint leaf for a pop of green
- Dishware: Simple, white plate to highlight the food.

Slides 6-7: Example: Avocado Toast

- Color: Vibrant green of avocado against a toasted bread backdrop
- Arrangement: Sliced or smashed avocado evenly spread
- Garnish: Sprinkle of sesame seeds and a dash of red pepper flakes
- Dishware: Earth-toned plate complements the natural colors

Slides 8-9: Example: The Classic Omelet

- Color: Golden yellow of the eggs, contrasted with green herbs
- Arrangement: Folded omelet showcasing its fluffy texture
- Garnish: Chopped chives or parsley for a fresh touch
- Dishware: Simple, elegant plate that allows the omelet to stand out

Slides 10-11: Example: Fruit Parfait

- Color: Layers of colorful fruits, yogurt, and granola
- Arrangement: Strategic layering for visual depth
- Garnish: Mint leaf or a sprinkle of chia seeds on top
- Dishware: Tall, clear glass to display the layers

Slides 12-14: Example: Smoked Salmon Bagel

- Color: Pink of salmon against the cream cheese and bagel
- Arrangement: Salmon slices draped over the bagel for a sense of motion
- Garnish: Capers and a lemon wedge for an acidic contrast
- Dishware: Neutral-colored plate to enhance the salmon's color

Slides 15-16: Example: Belgian Waffle

- Color: Golden waffle contrasted with the reds and blues of berries
 - Arrangement: Symmetrical placement of fruit on the waffle squares
 - Garnish: Light dusting of powdered sugar for a snowy effect
 - Dishware: Round plate that echoes the shape of the waffle
6. Summarize the key takeaways about the aesthetics of breakfast plating.

Breakfast Plating Principles

Instructions: Sketch and describe your favorite breakfast dish. Think about various elements like color, arrangement, and garnishes.

Favorite Breakfast Dish:	Notes:

Instructions: Select one of the breakfast items from the list provided by your teacher. Sketch and describe how you would plate the dish, considering the elements discussed in class.

Breakfast Dish #2:	Notes:

1. Reflect on the breakfast dishes you chose. Why do you think its visual appeal stood out to you? How does the dish’s presentation influence your perception of its taste and quality?

2. After hearing about different breakfast dishes from your classmates, how do you think cultural and personal preferences influence breakfast plating styles? Can you identify common elements that seem universally appealing in breakfast presentations?

Lesson Nine – Breakfast Plating and Presentation

LEARN: Breakfast Plating Scenarios

30-60 minutes

Purpose:

To educate participants on key breakfast plating principles as well as apply and reinforce the learned concepts through practical application.

Materials:

- *Breakfast Plating Menu* worksheet
- White dinner plates
- Dry erase markers
- Microfiber cloths

Facilitation Steps:

1. Review by discussing the importance of plating in enhancing the dining experience, especially for breakfast, which is often a visually simple meal.
2. Discuss how to achieve balance and harmony in plating, considering factors like the size of the plate, the color of the food, and the use of negative space.
3. If time permits, share a video on breakfast plating techniques. Here are a few to consider:

DIY Everyday Breakfast: Food Plating Ideas and Design (4:46)

<https://www.youtube.com/watch?v=WKTT3HgOKKI>

The Plating of Breakfast (1:00)

https://www.youtube.com/watch?v=pv_l8ro-Tks

Breakfast Plating Short (:28)

<https://www.youtube.com/shorts/eh3EFx6XMRw>

4. Give each participant the *Breakfast Plating Menu* worksheet. The scenario: You are the owner of a new restaurant in town. You want to be known for your breakfast menu.
5. Have participants craft a breakfast menu that lists a minimum of six entrees or breakfast choices.
6. From the menu that they create, participants should choose one of the items to plate. Using the dinner plate and markers, participants should sketch out their breakfast plating plan.
7. Emphasize the focus on symmetry, color contrast, and portion size. Encourage participants to experiment and be creative while respecting the fundamental principles of plating. They may label color, size, and details on their plates as desired.
8. Give each student a minute to present their breakfast plating solution giving explanations for their plating choices.

Breakfast Plating Menu

Instructions: You are the owner of a new restaurant in town. You want to be known for your breakfast menu. In the space below, craft a breakfast menu that lists a minimum of 6 entrees or breakfast choices.

Breakfast Menu

Lesson Nine – Breakfast Plating and Presentation

REVIEW: Breakfast Plating Lab and Presentation

60-120 minutes

Purpose:

Participants review knowledge from the LEARN portion through a plating activity and test their understanding by taking a brief quiz.

Materials:

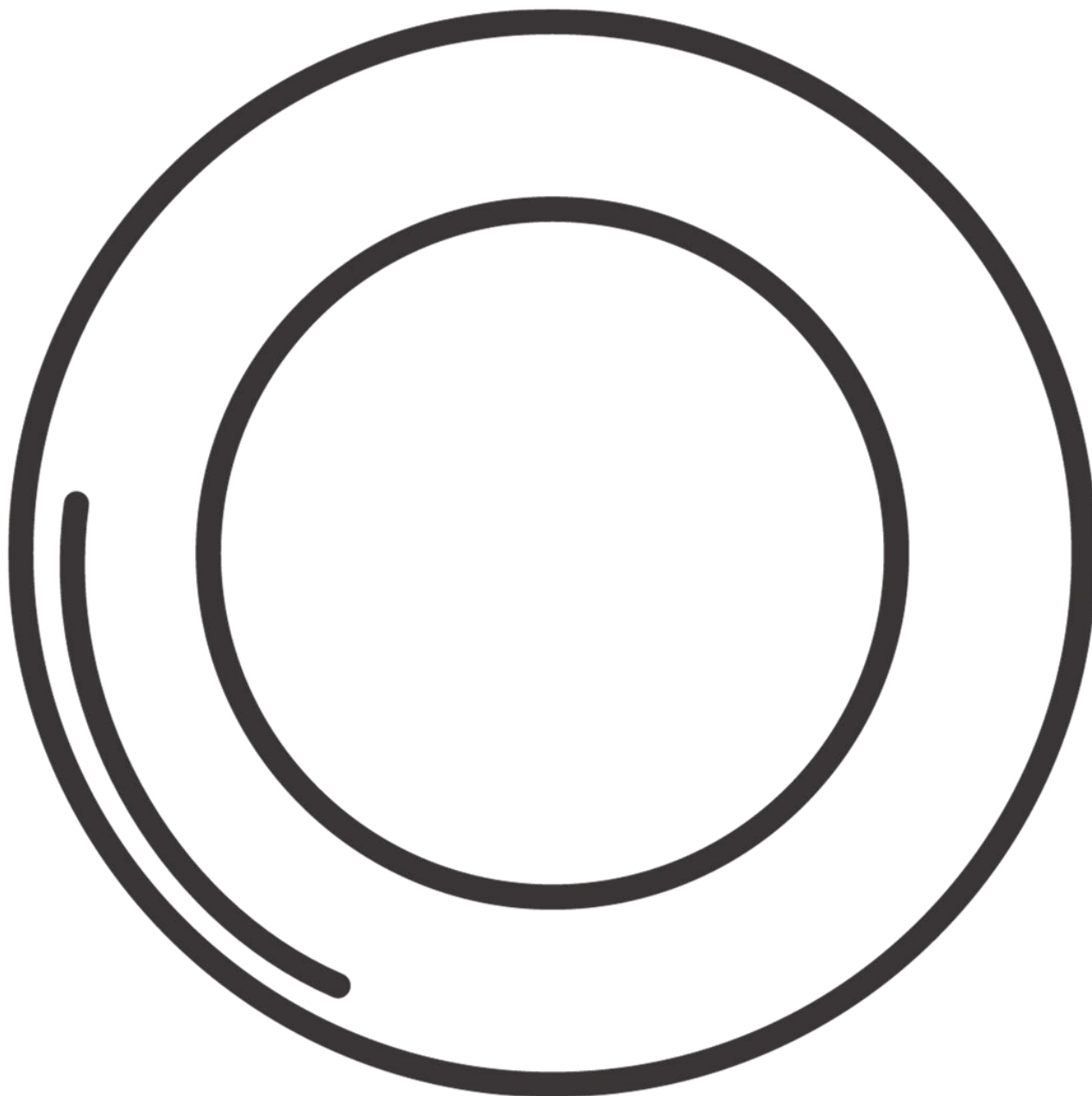
- White dinner plates
- Chef plating toolkits
- Omelet items for plating: Eggs, vegetables, cheese, seasoning, garnishes, bread, fruit
- *Breakfast Scenario* worksheet
- *Breakfast Plating Quiz*
- *Breakfast Plating Quiz – Answer Key*

Facilitation Steps:

1. Give each participant the *Breakfast Scenario* worksheet. After reviewing the items available for creating their omelet entrée, sketch your dish on the *Breakfast Scenario* worksheet.
2. Allow participants time to gather the desired items for creating their omelet. Give them time in the kitchen labs to make their omelet.
3. Participants should then plate their omelet following their plan on the *Breakfast Scenario* worksheet. The chef plating toolkits should be available for use during this activity.
4. Guide participants to provide constructive feedback on each presentation, highlighting strengths and areas for improvement. Discuss common challenges faced during the activity and how to overcome them.
5. Distribute the *Breakfast Plating Quiz*. Give participants five minutes to fill it out.
6. Have participants peer grade or self-grade the quiz as you share answers from the Answer Key.

Breakfast Scenario

Instructions: Model your breakfast scenario using the toolkit. Once you finalize your plate, sketch it below.



Breakfast Plating Quiz

Instructions: Answer the following questions based on what you've learned in this lesson. Choose the best answer for multiple-choice questions and provide short, concise answers for open-ended questions.

1. Which element is NOT crucial in the visual appeal of breakfast plating?
 - a. Color
 - b. Texture
 - c. Portion size
 - d. Cooking time

2. What does symmetry in food plating refer to?
 - a. Using identical ingredients on each side of the plate
 - b. Balancing elements on the plate for visual harmony
 - c. Plating food in a circular pattern
 - d. Using a symmetric plate

3. In breakfast plating, why is negative space important?
 - a. It helps to enhance the flavors of the dish
 - b. It creates a more appealing and less cluttered presentation
 - c. It allows for more food to be added to the plate
 - d. It is a technique to keep the food warm

4. Describe how color contrast can be used effectively in plating a breakfast dish. Provide an example.

5. Explain why portion size is important in breakfast plating and presentation.

6. How can using a model food set enhance students' learning experience in a lesson on breakfast plating?

Breakfast Plating Quiz – Answer Key

1. Which element is NOT crucial in the visual appeal of breakfast plating?

- a. Color
- b. Texture
- c. Portion size
- d. **Cooking time**

2. What does symmetry in food plating refer to?

- a. Using identical ingredients on each side of the plate
- b. **Balancing elements on the plate for visual harmony**
- c. Plating food in a circular pattern
- d. Using a symmetric plate

3. In breakfast plating, why is negative space important?

- a. It helps to enhance the flavors of the dish
- b. **It creates a more appealing and less cluttered presentation**
- c. It allows for more food to be added to the plate
- d. It is a technique to keep the food warm

4. Describe how color contrast can be effectively used in plating a breakfast dish. Provide an example.

Color contrast in plating can make the dish more visually appealing and highlight certain components. For example, using bright red strawberries on a bed of pale, creamy oatmeal adds a pop of color and visually separates the ingredients, making the dish more enticing.

5. Explain why portion size is important in breakfast plating and presentation.

Portion size is crucial in breakfast plating as it affects both the aesthetic appeal and the perceived value of the dish. Proper portion sizes ensure that the plate doesn't look overcrowded or sparse. It also helps maintain a balance between different dish components, making it visually pleasing and satisfying.

6. How can using a model food set enhance students' learning experience in a lesson on breakfast plating?

Using a model food set allows students to practice and experiment with different plating techniques without the waste and cost of using real food. It provides a hands-on learning experience where students can apply theoretical knowledge, like balance, symmetry, and color contrast, in a practical setting, enhancing their understanding and skills in food plating.

Lesson Ten - Garnishing

Lesson Overview

This lesson introduces participants to the art of garnishing, focusing on strategies for applying appropriate and creative garnishes.

Lesson Objectives

After completing this lesson, participants will be able to:

- Understand the importance of garnishes in food presentation
- Identify common garnishes used in breakfast dishes
- Develop skills in applying garnishes to various breakfast foods
- Create visually appealing and balanced breakfast plates

Lesson at a Glance

Activity	Materials	Preparation	Approximate Class Time
FOCUS	• <i>Garnishing</i> slide presentation	1. Prepare the <i>Garnishing</i> slide presentation for viewing.	20-30 minutes
LEARN	• <i>Garnishing</i> slide presentation • <i>Garnishing Basics</i> worksheet • Chef plating toolkits • Garnishing items: variety of herbs, fruit, flowers, oils, etc.	1. Prepare the <i>Garnishing</i> slide presentation for viewing. 2. Print the <i>Garnishing Basics</i> worksheet (one per participant). 3. Gather the toolkits and garnishing items.	60-75 minutes
REVIEW	• <i>Garnishing Practice</i> worksheet • Chef plating toolkit • White dinner plates • Model food set • Garnishing items: fruits, vegetables, oils, flowers, etc. • <i>Garnishing Quiz</i> • <i>Garnishing Quiz</i> – Answer Key	1. Print the <i>Garnishing Practice</i> worksheet and <i>Garnishing Quiz</i> (one of each per participant). 2. Gather the toolkit, plates, models, and garnishing items.	45-60 minutes

Lesson Ten – Garnishing

FOCUS: Introduction to Garnishing

20-30 minutes

Purpose:

To engage participants in a discussion on garnishing to elevate dish presentation.

Materials:

- *Garnishing* slide presentation

Facilitation Steps:

1. Begin the slide presentation.

Slide 1: Introductory slide

Slide 2: Introduction to Garnishing

- Garnishing involves adding decorative elements to food
- Enhances both visual appeal and flavor
- It can transform a simple dish into a culinary masterpiece

Slides 3-10: Impact of Garnishing

- Notice the difference in appearance and perceived taste
- Have participants share their thoughts on plating and presentation of each plain image before revealing the side-by-side
- Ask participants to compare the two and discuss how garnishes can change the dish's appearance
- Encourage participants to share their favorite breakfast foods and how garnishing could enhance them

- Highlight the importance of visual appeal in food presentation
- Questions for Discussion:
 - What are your favorite meals/dishes/foods?
 - How could garnishing improve their appeal?
 - Have you ever chosen a dish based on its appearance?

Slides 11-12: Garnishing Basics

Slide 13: Types of Garnishes

Slides 14-15: Herbs

Slides 16-17: Fruits

Slides 18-19: Edible Flowers

Slides 20-21: Review

2. If time permits, share a garnishing video with the class. Here are a few to consider:

[Food Art Garnishing Made Easy: Chef Techniques \(youtube.com\)](#)

Garnishing Tools and Techniques (5:07)
<https://www.youtube.com/watch?v=UgpPZeAdkXc>

[garnish techniques \(youtube.com\)](#)

Lesson Ten – Garnishing

LEARN: Garnishing Demo and Practice

60-75 minutes

Purpose:

To educate participants on key garnishing principles as well as apply and reinforce the learned concepts through practical application

Materials:

- *Garnishing Basics Activity* slides
- *Garnishing Basics* worksheet
- Chef plating toolkits
- Garnishing items: variety of herbs, fruit, flowers, oils, etc.

Facilitation Steps:

1. Starting with slide 22, begin the presentation.

Slide 22: Garnishing Basics Activity

Give each participant the *Garnishing Basics* worksheet. Divide the class into small groups. Display the images for participants to complete the garnishing activity. Show each image on slides 23-27. Participants will use their *Garnishing Basics* worksheet to write down their ideas.

Slide 23: Breakfast

Slide 24: Lunch

Slide 25: Dinner

Slide 26: Beverages

Slide 27: Dessert

2. Participants will share their brainstorm ideas and list garnishing options for each dish, considering color, texture, and flavor. This is an opportunity to reinforce key concepts about food plating and presentation discussed throughout the lesson.

3. Gather items to perform several garnishing demonstrations for participants. Here are a few suggested types of garnishes to show:
 - Demonstrate how to garnish popular breakfast items like omelets, pancakes, and yogurt bowls
 - Show techniques like sprinkling herbs, arranging fruit slices, and adding a flower for a visual pop
 - Discuss choosing garnishes that complement the main dish's flavor profile
4. Set up garnishing practice stations. We suggest having a specific garnish available to practice creating at each kitchen lab you have available. Here are a series of easy garnish ideas that you could also pair with a brief how-to video:

5 Lemon Garnishes

<https://www.youtube.com/watch?v=3JK154a8mGo>

How to Make Apple Swan Garnishes

<https://www.youtube.com/watch?v=f2JRzxODc0s>

Cucumber and Carrot Decorations

<https://www.youtube.com/watch?v=lgFM4qFhDvE>

How to Make a Strawberry Flame

<https://www.youtube.com/shorts/36iRpdxsdyC>

How to Make a Super Easy Lemon Fish Garnish

<https://www.youtube.com/watch?v=Uiw-et-lzd8>

Garnishing Basics

Instructions: Brainstorm and decide how to plate each dish to incorporate what you learned in the previous lessons. For each dish, describe how you would address each category.

Food/Dish	Plating, Color, Texture, Flavor	Garnishing

Lesson Ten – Garnishing

REVIEW: Garnishing Practice

45-60 minutes

Purpose:

Participants review knowledge from the LEARN portion through a plating activity and test their understanding by taking a brief quiz.

Materials:

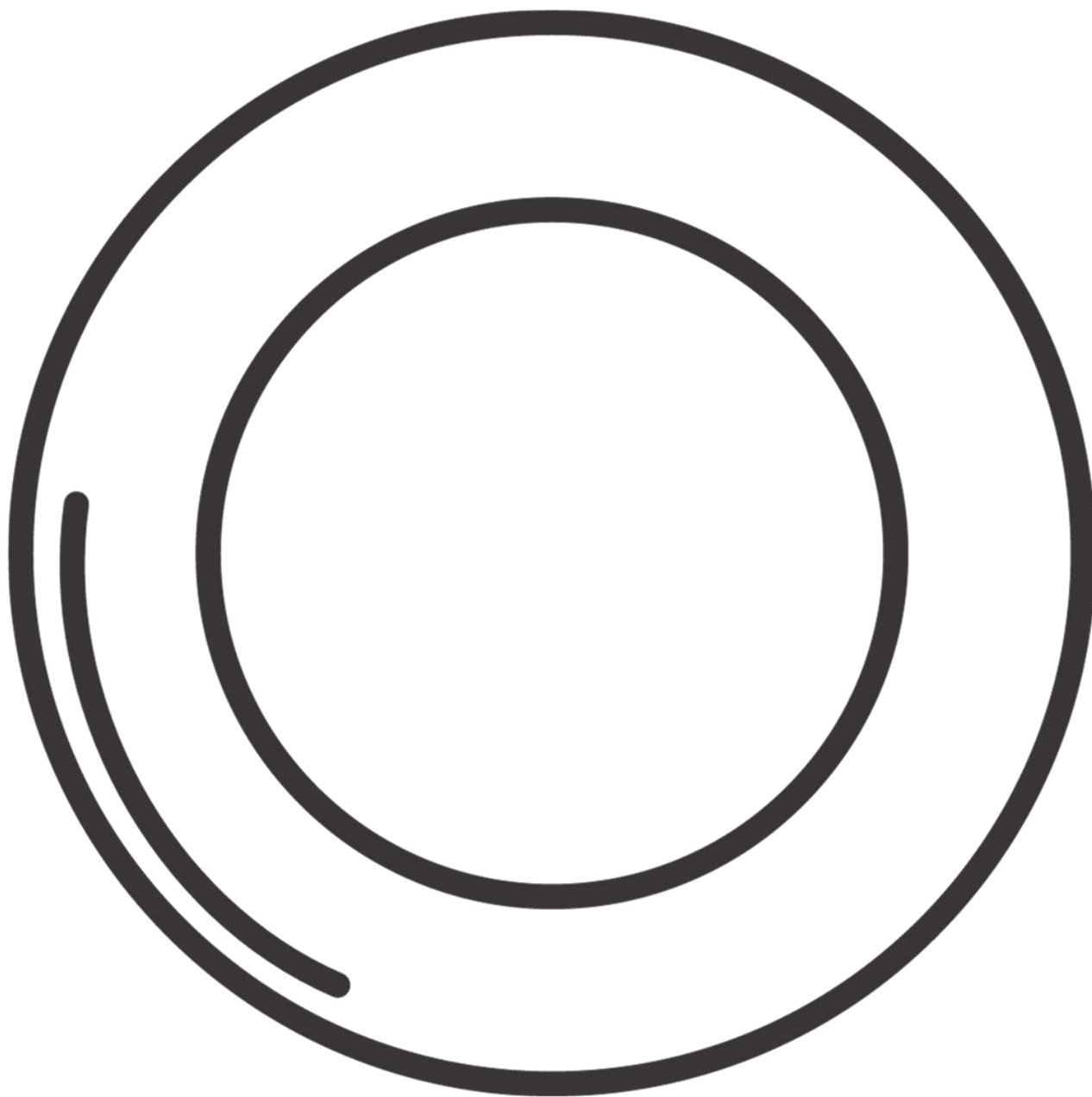
- *Garnishing Practice* worksheet
- Model food set
- Chef plating toolkits
- White dinner plates
- Garnish supplies (fruits, vegetables, oils, flowers, etc.)
- *Garnishing Quiz*
- *Garnishing Quiz* – Answer Key

Facilitation Steps:

1. Divide participants into six different lab groups and distribute the *Garnishing Practice* worksheet. Each lab must create a plated dinner from the model food set. Their meal should include one starch, one vegetable, and a meat.
2. Each group will take a dinner plate and choose their meal foods by group consensus. Back in their kitchen lab, they should sketch out their plating plan and garnishes on the worksheet.
3. Participants are tasked with plating the three food items on their plate. Thereafter they should discuss how they wish to add garnishes to their plate.
4. Using the chef plating toolkit and garnish supplies available, the groups should add their garnishes to their meal on the dinner plate.
5. Encourage creativity while reminding participants of the balance and complementing flavors. Have each group present their plated dish to the class.
6. Facilitate a peer review session where participants provide constructive feedback on each other's work. Encourage discussion on what worked well and what could be improved.
7. Distribute the *Garnishing Quiz*. Give participants five minutes to fill out.
8. Have participants peer grade or self-grade the quiz as you share answers from the Answer Key.

Garnishing Practice

Instructions: Create one meal from the model food set to prepare as a presentation for the class. Your dish should include a starch, meat, and vegetable. Sketch your finalized dish and describe the garnish you chose to go with these items on the plate. Be prepared to explain your thought process.



Name: _____ Class: _____

Garnishing Quiz

Instructions: Answer the following questions based on what you've learned in this lesson. Choose the best answer for multiple-choice questions and provide short, concise answers for open-ended questions.

3. What is an important consideration when garnishing breakfast dishes?
 - a. Using as many garnishes as possible
 - b. Choosing garnishes that complement the main dish's flavor
 - c. Garnishing only with herbs, regardless of the dish
 - d. Avoiding the use of fruits as garnishes

4. What is the primary purpose of using garnishes in food plating?
 - a. To increase the quantity of the dish
 - b. To enhance the visual appeal and flavor
 - c. To cover up any mistakes in cooking
 - d. To make the dish more expensive

5. Which of the following is NOT a suitable garnish for a pancake breakfast plate?
 - a. Fresh berries
 - b. Citrus wedges
 - c. Edible flowers
 - d. Ketchup

Food Plating and Presentation Curriculum

4. Explain why it's important to maintain a balance when using garnishes on a breakfast dish.

5. Describe two techniques that can be used to garnish a yogurt bowl.

6. What should be considered when choosing garnishes for an omelet?

Garnishing Quiz – Answer Key

1. What is an important consideration when garnishing breakfast dishes?
 - a. Using as many garnishes as possible
 - b. **Choosing garnishes that complement the main dish's flavor**
 - c. Garnishing only with herbs, regardless of the dish
 - d. Avoiding the use of fruits as garnishes
2. What is the primary purpose of using garnishes in food plating?
 - a. To increase the quantity of the dish
 - b. **To enhance the visual appeal and flavor**
 - c. To cover up any mistakes in cooking
 - d. To make the dish more expensive
3. Which of the following is NOT a suitable garnish for a pancake breakfast plate?
 - a. Fresh berries
 - b. Citrus wedges
 - c. Edible flowers
 - d. **Ketchup**
4. Explain why it's important to maintain a balance when using garnishes on a breakfast dish.

Maintaining balance when garnishing is important to ensure that the garnishes enhance rather than overpower the main dish. The garnishes should complement the dish's flavors and add visual appeal without overwhelming the plate or the palate.

5. Describe two techniques that can be used to garnish a yogurt bowl.

Two techniques for garnishing a yogurt bowl include arranging fruit slices in a visually appealing pattern and sprinkling a small amount of herbs or edible flowers on top for color and texture contrast.

6. What should be considered when choosing garnishes for an omelet?

When choosing a garnish for an omelet, you should consider garnishes that complement the omelet's flavors, such as fresh herbs or cheese. The garnishes should add color and texture, enhancing the dish's overall appearance and taste.

Lesson Eleven - Fine Dining Experience

Lesson Overview

This lesson focuses on the art of plating and presenting dishes in a fine dining context. Participants will learn about the intricacies and standards of plating in high-end culinary environments, focusing on elegance, simplicity, and the use of premium ingredients.

Lesson Objectives

After completing this lesson, participants will be able to:

- Understand the principles of fine dining plating and presentation
- Identify key elements that distinguish fine dining from other dining experiences
- Practice plating techniques suitable for fine dining

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• <i>Fine Dining Experience</i> slide presentation • <i>Fine Dining Critique</i> worksheet	1. Prepare the <i>Fine Dining Experience</i> slide presentation for viewing. 2. Print the <i>Fine Dining Critique</i> worksheet (one per participant).	10-15 minutes
LEARN	• <i>Fine Dining Experience</i> slide presentation • <i>My Fine Dining Plating Plan</i> • Model food set • White dinner plates • Chef plating toolkits • Optional: Garnishing items	1. Prepare the <i>Fine Dining Experience</i> slide presentation for viewing. 2. Prepare the model food set and plating tools for live demonstration. 3. Print the <i>My Fine Dining Plating Plan</i> worksheet (one per participant).	60-120 minutes
REVIEW	• <i>Fine Dining Experience</i> slide presentation • <i>Principles of Fine Dining</i> worksheet • <i>Fine Dining Quiz</i> • <i>Fine Dining Quiz</i> – Answer Key	1. Prepare the <i>Fine Dining Experience</i> slide presentation for viewing. 2. Print the <i>Principles of Fine Dining</i> worksheet and <i>Fine Dining Quiz</i> (one of each per participant).	15-25 minutes

Lesson Eleven – Fine Dining Experience

FOCUS: Fine Dining Critique

10-15 minutes

Purpose:

This activity is designed to immerse participants in the world of fine dining plating, encouraging them to observe, analyze, and articulate their thoughts on high-end plating standards and techniques.

Materials:

- *Fine Dining Experience* slide presentation
- *Fine Dining Critique* worksheet

Facilitation Steps:

1. Distribute the *Fine Dining Critique* worksheet and begin the slide presentation.

Slide 1: Introductory slide

Slides 2-6: Fine Dining Critique

Briefly introduce the activity, explaining that participants will act as a critique panel for fine dining presentations. Emphasize the importance of observing details like composition, color balance, and the use of negative space in each dish.

Display each photograph one at a time on the screen. Give participants about one minute to observe each image. After observation, instruct participants to complete the *Fine Dining Critique* worksheet to organize their thoughts.

Facilitate a brief discussion. Prompt participants with questions like:

- What are your first impressions of this plating style?
- How does the arrangement of elements on the plate enhance the dish's appeal?
- What would you say is the focal point of this dish, and why?
- How do the colors and textures work together on the plate?

Encourage participants to consider both what they like and what they might do differently.

Fine Dining Critique

Instructions: Observe each image and complete the chart.

	Symmetry	Negative Space	Color Contrast	Texture
1				
2				
3				
4				

Lesson Eleven – Fine Dining Experience

LEARN: Principles of Fine Dining

60-120 minutes

Purpose:

To educate participants on key fine dining principles as well as apply and reinforce the learned concepts through practical application.

Materials:

- *Fine Dining Experience* slide presentation
- *My Fine Dining Plating Plan*
- Model food set
- White dinner plates
- Chef plating toolkits
- Optional: Garnishing items

Facilitation Steps:

1. Starting with slide 7, begin the presentation.

Slides 7-8: Principles of Fine Dining Plating

Introduce participants to the key principles of fine dining plating: the importance of minimalism, color contrasts, ingredient quality, and the art of arrangement.

Show participants the example photos, discussing what makes the plating unique and how it adheres to fine dining principles. Encourage participants to consider aspects like plating symmetry, negative space usage, and the role of textures and colors. Relate these principles to the earlier critique panel activity, reinforcing the concepts.

Slide 9: Minimalism

At the heart of minimalist plating is the idea of composition. By carefully choosing key elements and arranging them in a particular way, chefs create visually stunning dishes that highlight the quality of the ingredients. Each component is meticulously placed to emphasize balance, proportion, and space.

Slides 10-11: Balance

Achieving a perfect balance between visual appeal and portion size is the crux of food plating. Too much food on the plate can overwhelm the diner,

leading to a suboptimal experience. On the other hand, overly minimalistic plating may leave guests craving more.

Slides 12-13: Ingredient Quality

Quality should always be the primary consideration when plating a dish. Fresh, seasonal, and locally sourced ingredients not only enhance the flavors but also add natural colors, textures, and aromas that elevate the visual appeal of the plate.

Slides 14-15: Color and Contrast

Mix colors and textures to give your dish more depth and variety. Opposites, like black and white or grainy and smooth, help dishes pop on the plate. Shy away from more than four contrasting colors or textures to avoid arrangements that look too busy and disorganized.

2. Share videos with plating techniques if time permits. Here are a few to consider:

Fine Dining Plate Presentation Techniques (7:29)

<https://www.youtube.com/watch?v=ks2muQgBXcU>

The Art of Plating Dinner (1:08)

<https://www.youtube.com/watch?v=YjdCyeghUgM>

An Exercise in High End Plating (5:08)

<https://www.youtube.com/watch?v=KLVAep27wSs>

3. Choose the food items from the model food set to create your fine dining meal that you will plate as a demonstration in front of the class.

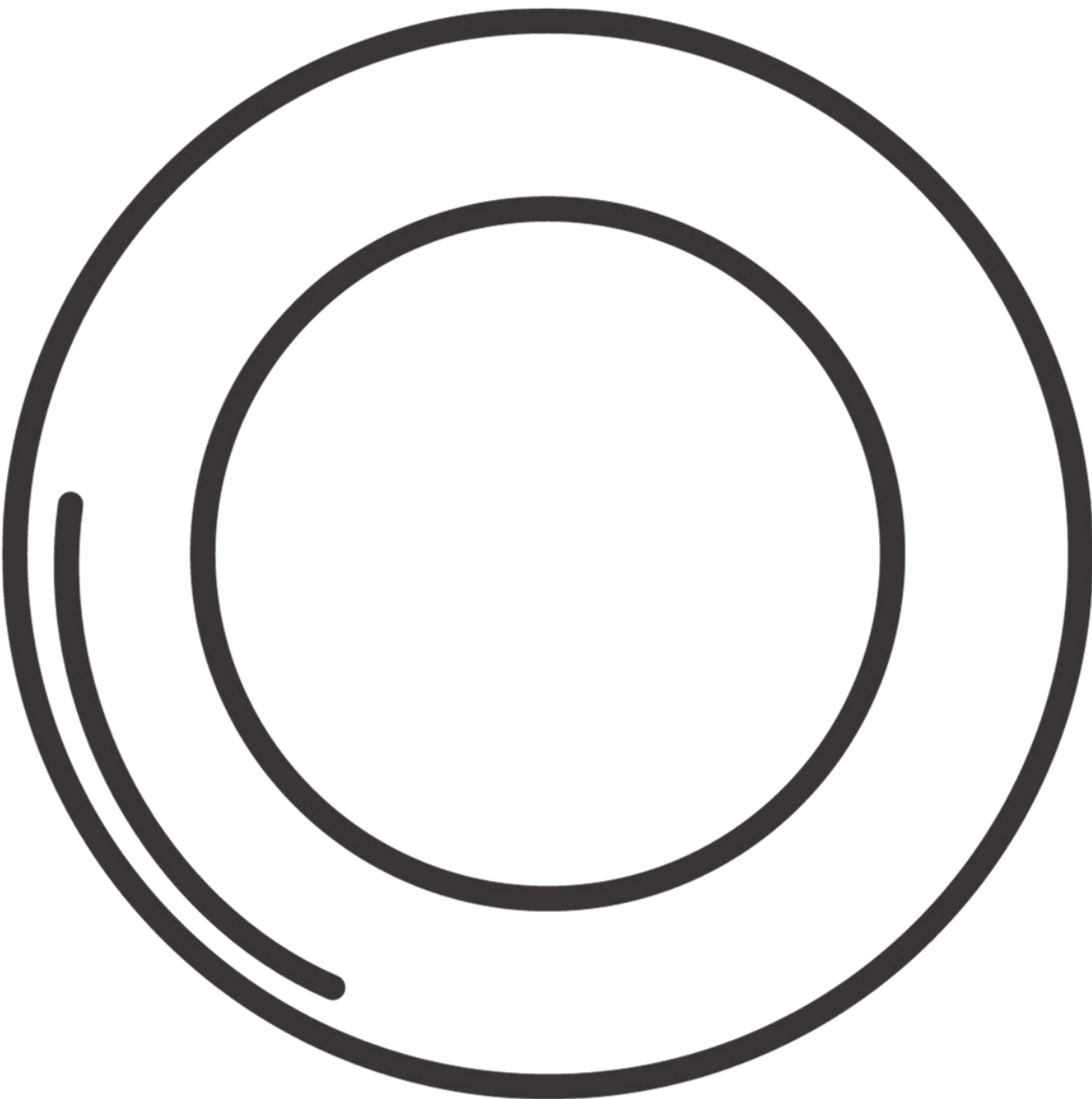
You will demonstrate fine dining plating techniques using tools from the culinary kit, explaining each step. Choose a dish comprised of items that exemplifies fine dining principles.
4. As you plate, narrate your thought process and the reasons behind each choice. Highlight the importance of precision and artistic expression in fine dining. Use any garnishing options available or identify what you would recommend using on your fine dining plate.

My Fine Dining Plating Plan

Instructions: Circle the food items from the model food set that you would like to use to create your fine dining plated meal.

Bread		Model Food Set		Lemon	
Fancy Bread		Grilled Chicken		Lime	
Croissant		Pork		Orange	
Greens		Steak		Grape Bunch	
Bok Choy		Chicken		Black Cherries	

Create a fine dining meal from the model food set to prepare as a presentation for the class. Sketch your finalized dish and describe the plating strategy you chose to use with these items on the plate. Be prepared to explain the thought process behind your choices.



Lesson Eleven – Fine Dining Experience

REVIEW: Fine Dining Review

15 -25 minutes

Purpose:

Participants review knowledge from the LEARN portion through a plating activity and test their understanding by taking a brief quiz.

Materials:

- *Fine Dining Experience* slide presentation
- *Principles of Fine Dining* worksheet
- *Fine Dining Quiz*
- *Fine Dining Quiz – Answer Key*

Facilitation Steps:

1. Distribute the *Principles of Fine Dining* worksheet.
2. Starting with slide 16, begin the slide presentation.

Slide 16: Review

The following slides show a series of examples of common plating mistakes. Participants will record their observations on the corresponding *Principles of Fine Dining* worksheet.

Slide 17: Mistake #1

Slides 18-19: Overcrowded Plate

Balance: Overcrowding leads to a lack of balance, elements appear to be competing rather than complementary

Color/Contrast: Too many elements result in a jumbled color scheme, lacking clear contrast

Negative Space: Little to no negative space, making the plate look cluttered

Texture: Variety of textures, but they are lost in the overall busyness of the dish

Focal Point: Lacks a clear focal point due to overcrowding; the viewer's eye doesn't know where to rest

Slide 20: Mistake #2

Slides 21-22: Lack of Color Contrast

Balance: Elements are well-spaced but blend into each other due to similar colors

Color/Contrast: Monochromatic color scheme results in a flat, uninteresting appearance

Negative Space: Adequately used but doesn't enhance the dish due to the lack of color contrast

Texture: Textures are not highlighted effectively without color contrast

Focal Point: Uniformity in color obscures any potential focal point

Slide 23: Mistake #3

Slides 24-25: Plate Size Error

Balance: Looks unbalanced with either too much empty space or overcrowded on a small plate

Color/Contrast: Depending on the dish, color contrast may be present but overshadowed by the disproportionate plate size

Negative Space: Either overwhelming or insufficient, depending on plate size

Texture: Can be overshadowed by the imbalance created by the plate size

Focal Point: Disrupted by the mismatch between the plate size and the amount of food

Slide 26: Mistake #4

Slides 27-28: Poor Sauce Application

Balance: Sauce application can throw off the balance, making one part of the dish more dominant

Color/Contrast: Messy or excessive sauce can disrupt color harmony

Negative Space: Sauce can encroach on negative space, reducing its effectiveness

Texture: Sauce texture might conflict with the main dish, creating a visual and textural clash

Focal Point: Poorly applied sauce can distract from the intended focal point

Food Plating and Presentation Curriculum

3. Distribute the *Fine Dining Quiz* and give participants five minutes to fill it out.
4. Have participants peer grade or self-grade the quiz as you share answers from the Answer Key.
5. Lead a discussion in which participants reflect on what they have learned about fine dining presentations. Prompt participants with questions like, "How does fine dining plating differ from other styles?" and "Which aspect of fine dining presentation did you find most challenging or interesting?" Encourage participants to use the terminology and principles discussed in the lesson.
6. Summarize key takeaways from the lesson, emphasizing the practical skills they can apply in their future plating endeavors.

Principles of Fine Dining

Instruction: Observe each image and complete the chart.

Describe the Dish	Plating/Presentation	Texture/Color

Fine Dining Quiz

Instructions: Answer the following questions based on what you've learned in this lesson. Choose the best answer for multiple-choice questions and provide short, concise answers for open-ended questions.

1. What is the most important aspect of fine dining plating?
 - a. Quantity of food
 - b. Colorful presentation
 - c. Balance and minimalism
 - d. Using exotic ingredients

2. Which of the following is a common mistake in fine dining plating?
 - a. Using a variety of textures
 - b. Overcrowding the plate
 - c. Focusing on a single focal point
 - d. Using negative space

3. Describe how negative space should be used in fine dining plating.

4. Explain the importance of color contrast in fine dining presentations.

5. What should be considered when choosing a plate for a fine dining dish?

Fine Dining Quiz – Answer Key

1. What is the most important aspect of fine dining plating?
 - a. Quantity of food
 - b. **Colorful presentation**
 - c. Balance and minimalism
 - d. Using exotic ingredients
2. Which of the following is a common mistake in fine dining plating?
 - a. Using a variety of textures
 - b. Overcrowding the plate
 - c. **Focusing on a single focal point**
 - d. Using negative space

3. Describe how negative space should be used in fine dining plating.

Negative space should be used intentionally to create a sense of balance and focus. It should enhance the dish's visual appeal, allowing each element to stand out without making the plate look overcrowded or sparse.

4. Explain the importance of color contrast in fine dining presentations.

Color contrast is crucial in fine dining presentations as it adds visual interest and depth to the dish. It helps highlight key ingredients, enhance the overall aesthetic appeal, and make the dish more appetizing.

5. What should be considered when choosing a plate for a fine dining dish?

The size and color of the plate should complement the dish. A plate that is too large or too small can throw off the balance of the presentation. The color should not clash with the food but rather provide a contrasting or neutral background that enhances the dish's appearance.

Lesson Twelve – Appetizers

Lesson Overview

This lesson focuses on the art of plating appetizers. Participants will learn how to creatively and effectively present appetizers in a way that is visually appealing and appetizing.

Lesson Objectives

After completing this lesson, participants will be able to:

- Understand the basics of appetizer plating,
- Learn to use the tools provided in the kit effectively for plating
- Develop skills in arranging and presenting food in an appetizing manner
- Learn how to balance colors, textures, and flavors in appetizer plating

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• <i>Appetizers</i> slide presentation • <i>Plating Appetizers</i> worksheet	1. Prepare the <i>Appetizers</i> slide presentation for viewing. 2. Print the <i>Plating Appetizers</i> worksheet (one per participant).	15-20 minutes
LEARN	• <i>Appetizers</i> slide presentation • Appetizer supplies for demonstration and lab stations • Chef plating toolkits • White dinner plates • <i>Plated Small Appetizers</i> slide presentation • <i>Plated Appetizers Scenario Cards</i> • <i>Plating a Small Appetizer</i> worksheet	1. Prepare the slide presentations for viewing. 2. Prepare appetizer supplies for demo. 3. Print the <i>Plating a Small Appetizer</i> worksheet (one per participant). 4. Print sets of the scenario cards for small groups.	35-60 minutes
REVIEW	• <i>Appetizer Practice</i> worksheet • Charcuterie board items • Chef plating toolkit • White dinner plates • <i>Appetizer Plating Quiz</i> • <i>Appetizer Plating Quiz – Answer Key</i>	1. Print the <i>Appetizer Practice</i> worksheet and <i>Appetizer Plating Quiz</i> (one of each per participant). 2. Prepare the charcuterie board items, toolkit, and dinner plates	30 minutes

Lesson Twelve – Appetizers

FOCUS: Introduction to Appetizers

15-20 minutes

Purpose:

To engage students in identifying ingredients and evaluating the visual appeal of well-plated appetizers.

Materials:

- *Appetizers* slide presentation
- *Plating Appetizers* worksheet

Facilitation Steps:

1. Introduce the concept of plating appetizers and small plates. Show a brief video on the topic. Here are a few to consider:

Fundamentals of Plating Appetizers (4:00)

<https://www.youtube.com/watch?v=FJNLxMdx7V0>

Presenting Appetizers Attractively (3:58)

<https://www.youtube.com/watch?v=V-X0UF7s-7Q>

simple plate presentation and creating small plate

Name: _____ Class: _____

Plating Appetizers

Instruction: Brainstorm and decide how to plate each dish to incorporate what you learned in the previous lessons. For each dish, describe how you would address each category.

Appetizer	Portion Size, Color Contrast, and Arrangement

Lesson Twelve – Appetizers

LEARN: Plating Appetizers Demo and Practice

35-60 minutes

Purpose:

To educate participants on key appetizer plating principles as well as apply and reinforce the learned concepts through practical application.

Materials:

- *Appetizers* slide presentation
- Appetizer supplies for demonstration and lab stations
- Chef plating toolkits
- White dinner plates
- *Plated Small Appetizers* slide presentation
- *Plated Appetizers Scenario Cards*
- *Plating a Small Appetizer* worksheet

Facilitation Steps:

1. Introduce plating appetizers using the facilitator notes and slides. Start with slide 13 to guide the presentation. Highlight key principles such as portion size, the importance of color contrast, and effective arrangement techniques. Engage participants with questions and encourage them to share their thoughts on why these principles are important.

Slide 13: Plating Appetizers

Slide 14: Portion Size

- Balance: Enough to entice, not to fill
- Proportion: Harmonizing ingredients

Slides 15-16: Color Contrast

- Visual Interest: Contrast and complement
- Highlighting key ingredients
- Using color to draw attention

Slide 17: Arrangement

- Symmetry Versus Asymmetry: Finding balance
- Negative Space: The art of leaving empty space

Slides 18-19: Review

2. Explain the Plated Small Appetizers Scenario Activity. Participants will select three *Plated Appetizers Scenario Cards* and solve a plating challenge using techniques described on the card.
3. Divide participants into groups of five. Give each small group a set of the scenario cards, white dinner plates, and markers. Also give each participant the *Plating a Small Appetizer* worksheet.
4. Participants work individually or in groups to read their scenarios and brainstorm solutions. Each student should choose three scenario cards.
5. Using markers, participants will draw their plating solution on the white dinner plates and record their final answers on the *Plating a Small Appetizer* worksheet.
6. Participants will use the provided space to justify and explain their plating decision for each scenario. Participants should solve up to three different scenarios.
7. Wrap up the activity by sharing the *Plated Small Appetizers* slide presentation. As you show each slide, ask the question on the slide, and see if participants can identify the plating technique. Here is the answer key for each slide:

These techniques are part of the artistry of dining and are used to enhance both the visual appeal and the overall entrance into the dining experience with the small plates.

Slide 1: Introductory slide

Slide 2: 1

Saucing Around: Drizzling sauce around the food rather than over it, to enhance presentation and flavor separately

Slide 3: 2

Quenelle: A technique of shaping a soft substance into an elegant, three-sided oval using two spoons

Slide 4: 3

Stacking: Layering ingredients vertically to build height and visual appeal on the plate

Slide 5: 4

Contrast: Using ingredients with contrasting colors and textures to create a visually striking plate

Slide 6: 5

Garnish Art: Adding edible decorations, such as herbs, flowers, or fruit carvings, to enhance the visual appeal

Slide 7: 6

Brush Stroke: Using a sauce or purée, a brush is used to create a sweeping or artistic stroke on the plate

Slide 8: 7

Microgreens: Tiny, young greens used to add a delicate, sophisticated touch to dishes

Slide 9: 8

Foams and Airs: Creating light, airy foams or airs to add a modern, textural element to the dish

Slide 10: 9

Edible Soil: Creating a crumbly, soil-like component, often using ingredients like nuts or breadcrumbs for texture and visual interest

Slide 11: 10

Negative Space: Deliberately leaving part of the plate empty to highlight the plated food

Slide 12: 11

Ring Molds: Using circular molds to shape and stack ingredients neatly and uniformly

Slide 13: 12

Deconstructed Presentation: Presenting the components of a classic dish separately in a modern, artistic way

Slide 14: 13

Spherification: A molecular gastronomy technique where liquids are shaped into spheres, resembling caviar

Slide 15: 14

Fluid Gel: A technique to create a smooth, spreadable gel from flavorful liquids for a unique texture

Slide 16: 15

Charred or Burnt Element: Adding a charred ingredient to contribute a smoky flavor and dramatic presentation

Slide 17: 16

Tweezer Plating: Using tweezers for precise placement of delicate ingredients

Slide 18: 17

Mosaic: Arranging small, colorful pieces of food in a mosaic-like pattern for visual appeal

Slide 19: 18

Powdered Ingredients: Using dehydrated and powdered ingredients for dusting or creating intense flavor spots

Slide 20: 19

Glazing: Applying a glossy coating to food, often used for meats or vegetables to add sheen and richness

Slide 21: 20

Asymmetry: Intentionally arranging elements on the plate in an asymmetrical fashion for a modern, artistic look

Slides 22-29: Answer Key

8. Conduct a live demonstration or show a video demonstrating how to plate a few simple appetizers.
 - Explain each step, emphasizing the use of specific tools from the chef plating toolkit
 - Highlight how the principles discussed in the presentation are applied in practice
9. Set up a few appetizer stations around the room for students to prepare and plate. Here are a couple suggested videos that include appetizers to make:

Food Plating and Presentation Curriculum

Appetizers or Starters

<https://www.youtube.com/watch?v=oGdMHqNIy4A>

Quick and Easy Party Appetizers 4 Ingredients or Less

<https://www.youtube.com/watch?v=IHOMgNapV78>

Plated Appetizers Scenario Cards

Saucing Around: Drizzling sauce around the food rather than over it, to enhance presentation and flavor separately	Brush Stroke: Using a sauce or purée, a brush is used to create a sweeping or artistic stroke on the plate
Quenelle: Technique of shaping a soft substance into an elegant, three-sided oval using two spoons	Microgreens: Tiny, young greens used to add a delicate, sophisticated touch to dishes
Stacking: Layering ingredients vertically to build height and visual appeal on the plate	Foams and Airs: Creating light, airy foams, or airs, to add a modern, textural element to the dish
Contrast: Using ingredients with contrasting colors and textures to create a visually striking plate	Edible Soil: Creating a crumbly, soil-like component, often using ingredients like nuts or breadcrumbs for texture and visual interest
Garnish Art: Adding edible decorations, such as herbs, flowers, or fruit carvings, to enhance the visual appeal	Negative Space: Deliberately leaving part of the plate empty to highlight the plated food

Plated Appetizers Scenario Cards

Ring Molds: Using circular molds to shape and stack ingredients neatly and uniformly	Tweezer Plating: Using tweezers for precise placement of delicate ingredients
Deconstructed Presentation: Presenting the components of a classic dish separately in a modern, artistic way	Mosaic: Arranging small, colorful pieces of food in a mosaic-like pattern for visual appeal
Spherification: Molecular gastronomy technique where liquids are shaped into spheres, resembling caviar	Powdered Ingredients: Using dehydrated and powdered ingredients for dusting or creating intense flavor spots
Fluid Gel: Technique to create a smooth, spreadable gel from flavorful liquids for a unique texture	Glazing: Applying a glossy coating to food, often used for meats or vegetables to add sheen and richness
Charred or Burnt Element: Adding a charred ingredient to contribute a smoky flavor and dramatic presentation	Asymmetry: Intentionally arranging elements on the plate in an asymmetrical fashion for a modern, artistic look

Plating a Small Appetizer

Instructions: Read each of the three scenarios and sketch your design using the marker and plate. When you are satisfied with your solution, sketch it below and explain the plating techniques you used.

Sketch your Solution	Plating Techniques Explained

Lesson Twelve – Appetizers

REVIEW: Appetizer Practice – Charcuterie Board Lab

30 minutes

Purpose:

Participants review knowledge from the LEARN portion through a plating activity and test their understanding by taking a brief quiz.

Materials:

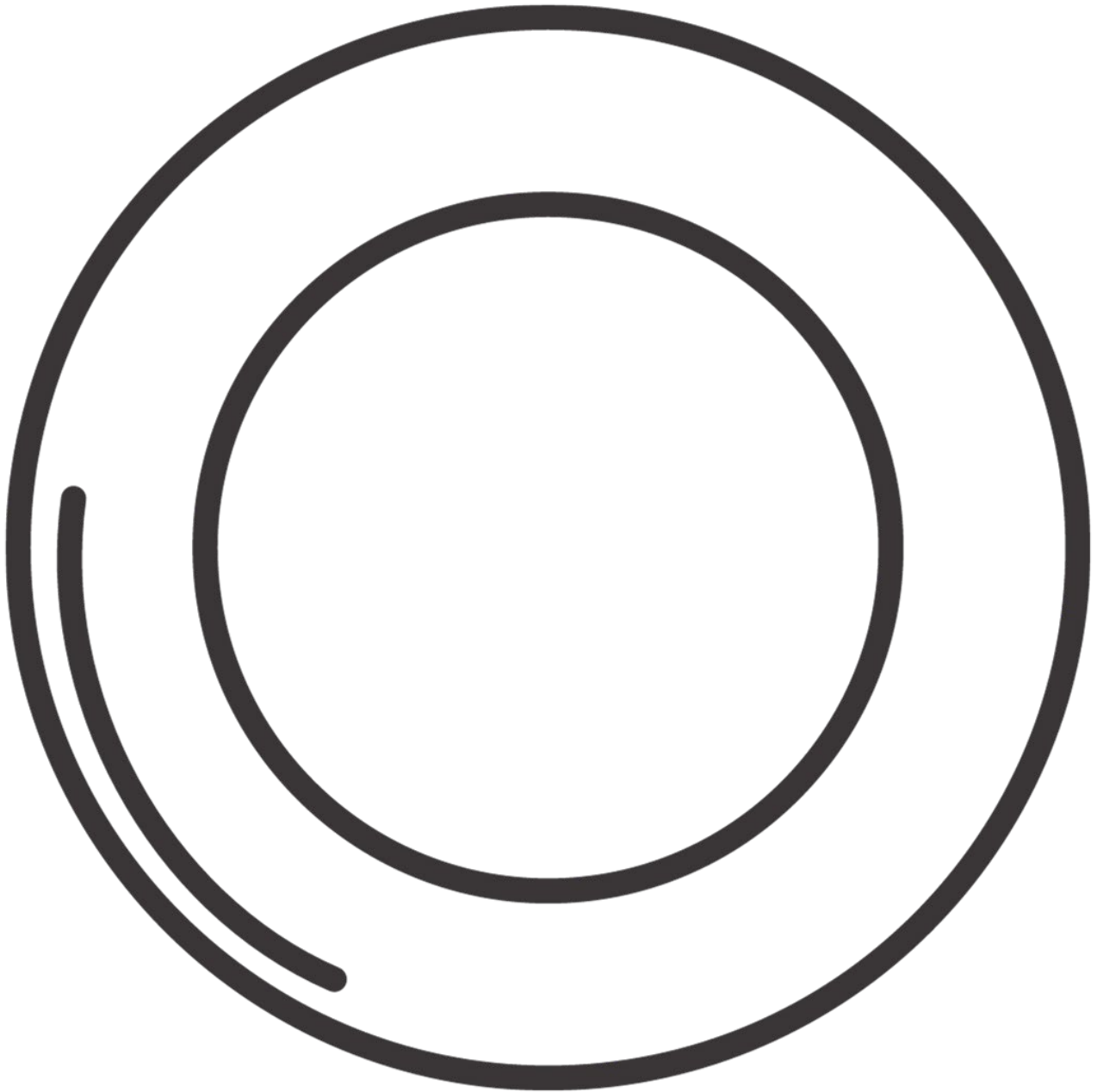
- *Appetizer Practice* worksheet
- Charcuterie board items
- Chef plating toolkit
- White dinner plates
- *Appetizer Plating Quiz*
- *Appetizer Plating Quiz – Answer Key*

Facilitation Steps:

1. Participants will be creating a charcuterie board to be served as an appetizer. Each kitchen lab will be given a variety of food items to use to craft an attractive charcuterie board.
2. Instruct participants to brainstorm and draw their charcuterie plating designs on their *Appetizer Practice* worksheet.
3. Allow participants to share their designs with the class and provide constructive feedback.
4. Participants will take the feedback and create their group's charcuterie creation. Participants will show their board to the class prior to consumption!
5. Distribute the *Appetizers Quiz* and give participants five minutes to fill it out.
6. Have participants peer grade or self-grade the quiz as you share answers from the Answer Key.

Appetizer Practice

Instructions: Plan a charcuterie board that will be an appetizer. Be prepared to explain the thought process behind your plating during the presentation. This will be presented on the white dinner plate.



Name: _____ Class: _____

Appetizer Plating Quiz

Instructions: Answer the following questions based on what you've learned in this lesson. Choose the best answer for multiple-choice questions and provide short, concise answers for open-ended questions.

1. Why is color contrast important in plating appetizers?
 - a. To make the dish taste better
 - b. To make the dish look larger
 - c. To create visual interest and highlight key ingredients
 - d. To keep the dish warm
2. What is essential when plating appetizers?
 - a. Using the largest plate available
 - b. Ensuring the portion size is enough to entice but not to fill
 - c. Using as many colors as possible
 - d. Plating as quickly as possible
3. Explain the role of negative space in plating appetizers.
4. Describe one way a chef can use symmetry or asymmetry in arranging an appetizer.
5. How does the presentation of an appetizer affect a diner's perception of its taste?

Appetizer Plating Quiz – Answer Key

1. Why is color contrast important in plating appetizers?

- a. To make the dish taste better
- b. To make the dish look larger
- c. **To create visual interest and highlight key ingredients**
- d. To keep the dish warm

2. What is essential when plating appetizers?

- a. Using the largest plate available
- b. **Ensuring the portion size is enough to entice but not to fill**
- c. Using as many colors as possible
- d. Plating as quickly as possible

3. Explain the role of negative space in plating appetizers.

Negative space refers to the deliberate empty areas on a plate. It helps create a visual appeal by not overcrowding the plate, allowing each dish component to stand out and be appreciated individually.

4. Describe one way a chef can use symmetry or asymmetry in arranging an appetizer.

A chef can use symmetry to create a balanced, harmonious presentation where elements of the dish mirror each other. Alternatively, asymmetry can create a more dynamic, interesting arrangement, perhaps by grouping certain ingredients on one side of the plate or playing with different heights and textures.

5. How does the presentation of an appetizer affect a diner's perception of its taste?

The presentation of a dish can significantly affect how its taste is perceived. A well-presented dish can enhance the diner's overall experience, making the food seem more delicious. It sets expectations and can positively influence how the flavors and quality of the food are perceived.

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