



Using Classroom Kits to Grow Your Culinary Toolbox

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What we will discuss today

- Knife Skills Kit
- Food Safety Kit
- Kitchen Safety Kit
- Food Truck Design Kit
- Food Science and Nutrition Kit
- Sports Nutrition Lab Kit
- Farm to Fork Lab Kit
- Culinary Math Training Kit
- Other Resources (Hydroponics, Meat Cuts, Soft Skills)
- Free Resources
- Q&A

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Culinary Kit Features/Benefits

- Provides a supplemental solution for teaching culinary skills.
- Kits will work with any textbook or curriculum already in use.
- Kits provides an easy way to teach units on specific culinary topics.
- Classroom management is made easier because there are enough components in the kits for many students to participate simultaneously.
- Assessment is built into the lessons in multiple ways.
- Activities make the content engaging and gives you more tools to use with students.

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Knife Skills Kit

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Knife Skills Kit Contents

- Knife Skills Curriculum
- 6 cutting boards featuring inch measurements and scale lines
- 6 finger guards
- 6 rulers featuring Mercer Rules™
- 6 sets of 3D knife cut models
- 6 sets of 2 posters:
“Measurements & Conversions”
and “Common Knife Cuts”
- 6 sets of modeling clay
- Quick Start Guide



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Curriculum Highlights

Lesson 1: Safe Handling and Storage of Knives

- Understand how to properly use knives to prevent injury
- Understand how to safely care for and store knives
- Understand the importance of safe and efficient use of knives

Lesson 2: The Anatomy of Knives

- Identify the materials and construction of kitchen knives
- Understand the purposes of different types of knives to use them for the appropriate task
- Understand how to store and care for knives to maintain quality

Lesson 3: Knife Cuts

- Learn how to properly and safely grip knives and food when cutting
- Recognize basic knife cuts
- Demonstrate and apply knife skills using play dough and a variety of foods

Lesson Activities

- Safe or Unsafe Knife Handling Scenarios
- Anatomy of Knives Presentation
- Knife Cuts Key Vocabulary Exercise
- Knife Cuts Lab – 10 Cuts for Hands-On Practice
- Pre and Post Knife Skills Quiz

Knife Cuts Practice

- Show the How to Master Basic Knife Cuts video (11:03)
- <https://www.youtube.com/watch?v=VJNA4vrdWec>
- Give students hands-on practice using knives and food items
- Have them complete this chart

<https://www.realityworks.com/wp-content/uploads/2021/05/Culinary-Knife-Skills-Curriculum-Sample.pdf>

Culinary Knife Skills Curriculum

Name: _____ Class: _____

Knife Cuts Practice Sheet

Define each knife cut. Using the knife skills kit, the correct knife, and modeling clay or food items (potato, carrot, sweet potato, etc.), practice the cuts listed below. Provide a minimum of 5 pieces for each example.

Knife Cut	Description	Sample cuts
Rondelle or Round cut		
Diagonal cut		
Roll cut or Oblique cut		
Julienne		
Batonnet		

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Culinary Knife Skills Curriculum

Large Dice		
Medium Dice		
Small Dice		
Brunoise		
Tourne		

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Food Safety Kit

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Food Safety Kit Contents

- Understanding Basic Food Safety curriculum
- Presentation slides
- 12 food safety posters (6 sets of 2 workstation posters on proper handwashing techniques and food temperature safety zones)
- 6 bottles of Glo Germ™ Gel
- 6 UV lights with batteries
- Just the Facts: Food Safety DVD
- Food Safety Trivia Cards with die
- Storage box



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Curriculum Highlights

- Basic Food Safety
- Foodborne Illness
- Preventing Foodborne Illness Outbreaks
- The Temperature Danger Zone
- Preventing Cross-Contamination
- Exploring Culinary and Food Service Careers

Lesson Activities

- Proper Handwashing Procedures with GloGerm Gel/UV Lights
- Common Pathogen Research Project
- Foodborne Illness Outbreak Simulation



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Lesson Activities

- Bacteria Growing Lab
- Safe Cooking Lab
- Food Safety Trivia Game
- Pre- and Post-Summative Assessment



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Common Pathogen Research Project

- Choose a pathogen
- Research and collect information on organizer
- Prepare a 5-minute presentation
- Rubric included

https://www.realityworks.com/wp-content/uploads/2023/04/Understanding-Basic-Food-Safety-Curriculum_SAMPLE.pdf

Understanding Basic Food Safety

Common Pathogens Known to Cause Foodborne Illness*

Astrovirus
Bacillus cereus
Botulinum
Brucella
Campylobacter jejuni
Cayetanensis
Clostridium
Cryptosporidium
Cyclospora
E. coli
Enterotoxigenic E. coli
Giardia intestinalis
Hepatitis A
Listeria
Monocytogenes
Mycobacterium bovis
Noroviruses
Parahaemolyticus
Perfringens
Rotavirus
Salmonella
Sapovirus
Shigella
Staphylococcus aureus
Toxoplasma gondii
Trichinella
Vibrio
Vibrio vulnificus
Yersinia enterocolitica

** Most common pathogens to cause foodborne illnesses.

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Understanding Basic Food Safety

Research Graphic Organizer

Choose and find information about a common pathogen. Record your findings in the organizer and use this information to create your short presentation.

Information	Findings
Pathogen name	
Definition of what the pathogen is	
Common symptoms after eating food with this contaminant	
Where the pathogen is found	
How can you avoid this pathogen, or what food safety procedures can you follow to prevent it?	
Photo or diagram found and source	

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Kitchen Safety Kit

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Kitchen Safety Kit Contents

- Basic Kitchen Safety Curriculum
- Trivia card game
- 6 sets of posters
- Glo Germ Oil & Powder
- Powder brush
- 6 UV lights with batteries
- 6 finger guards

Hazardous Kitchen Assessment

- Hazard tape
- Faux spill model
- Chipped dish
- Overloaded outlet model
- Burning pot with flame model
- Plastic rodents
- Simulated mouse droppings



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Curriculum Highlights

Learning Objectives:

Lesson 1 – Introduction to Kitchen Safety

- State the four primary areas of kitchen hazards
- Understand how burns can take place in the kitchen
- Demonstrate how mistakes in the kitchen can be hazardous

Lesson 2 – Sanitation

- Clearly define sanitation
- Understand the difference between cleaning and sanitizing
- Demonstrate proper sanitizing practices

Lesson 3 – Knife Safety

- Identify parts of a knife
- Develop a personal knife safety plan of action to use while handling knives in a kitchen setting
- Understand how to handle, maintain, and store cutlery safely

Lesson Four – Prevention of Burns, Falls, and Electrical and Chemical Hazards

- Identify the most common and serious hazards in the kitchen
- Demonstrate and share knowledge of how to prevent common kitchen hazards

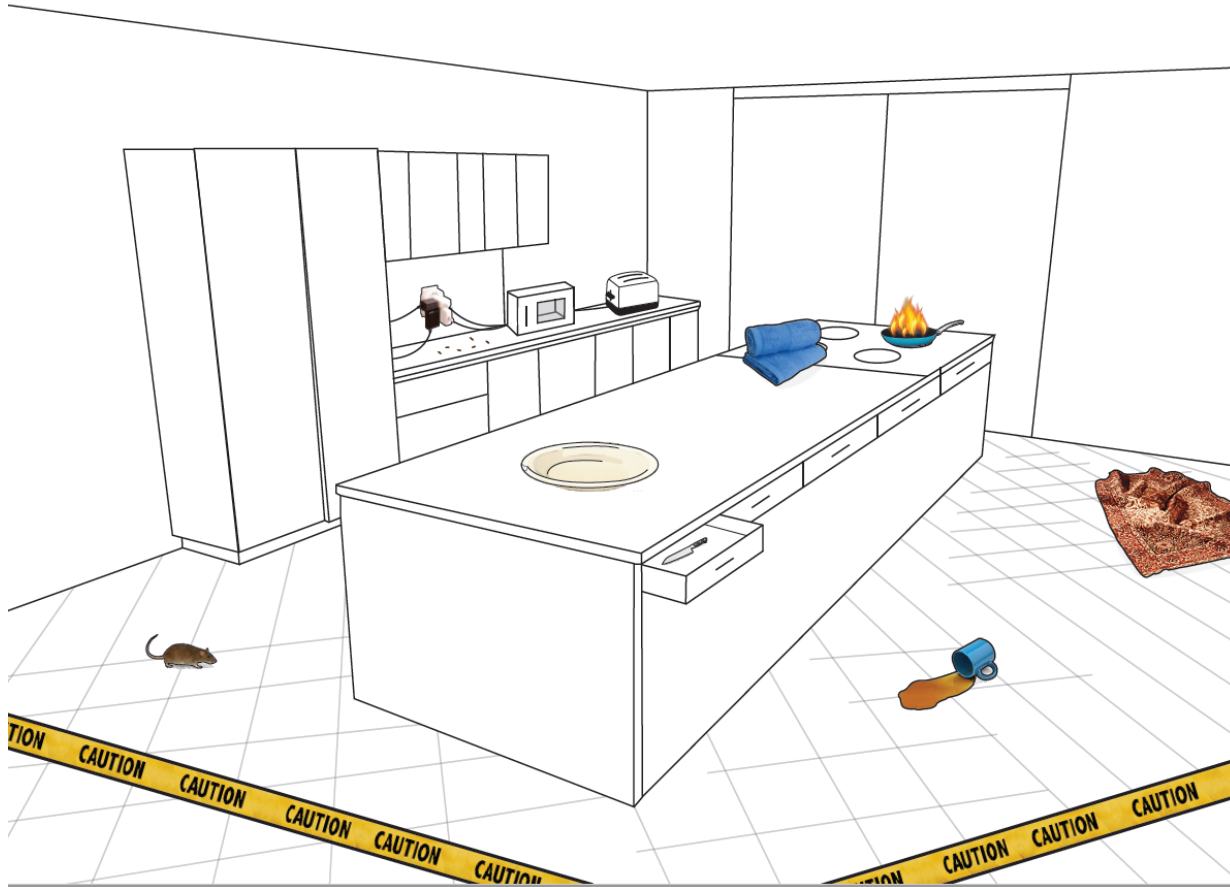
Lesson Five – Kitchen Safety, Hazardous Kitchen Assessment

- Test their knowledge of kitchen safety in a variety of topics
- Identify hazards in a kitchen setting
- Understand how to mitigation common kitchen hazards

Lesson Activities

Lesson	Topic	Activities	Kit Component
1	Introduction to Kitchen Safety	Kitchen Safety Quiz	
		Safety PPT and Lecture	
2	Sanitation	Sanitation Quiz	
		Sanitation PPT and Lecture	Handwashing Poster
		Handwashing Lab	Glo Germ Gel/UV Lights
		Making Sanitizing Solution	
		Sanitizing a Surface - 3 Methods and Results	Glo Germ Powder, Brush and UV Lights
3	Knife Safety	Knife Safety Quiz	
		Knife Safety PPT and Lecture	
		Knife Safety Plan	
		Salsa Lab Activity	Finger Guards
		Optional: Sheath Making Lab	
4	Prevention of Burns, Falls, Electrical & Chemical Hazards/Accidents	Burns, Falls, Electrical and Chemical Hazards Quiz	
		Burns, Falls, Electrical and Chemical Hazards PPT and Lecture	
		Kitchen Safety Research Project and Presentation	Kitchen Safety Poster
		Burns & Falls, Cuts, Sanitation, Electrical & Chemical Accidents Review	Kitchen Safety Trivia Card Game
5	Hazardous Kitchen Assessment	Kitchen Safety Summative Assessment	
		Hazardous Kitchen Simulation Assessment	Caution tape
			Faux spill model
			Chipped dish
			Overloaded outlet model
			Burning pot with flame model
			Plastic rodent
			Simulated mouse droppings

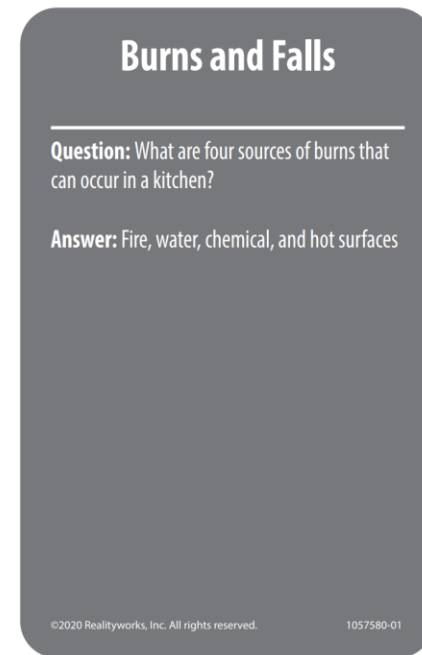
Hazardous Kitchen Assessment



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Kitchen Safety Trivia

- Divide the class into teams
- Read the trivia question
- The team must write down the answer and show it on a note pad
- First correct answer gets the point
- Most points wins



<https://www.realityworks.com/wp-content/uploads/2021/01/Kitchen-Safety-Trivia-Card-Game-Sample.pdf>

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Food Truck Design Kit

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Food Truck Design Kit Contents

- 5 Trays/Kits each with:
 - Dry erase marker
 - Microfiber cloth
 - 2 (12" x 18") gridded dry erase design boards
 - Furniture/appliance tiles (2 sets per tray)
- Food Truck Design Curriculum
- 1-year limited warranty



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Curriculum Highlights

- Marketing for Food Trucks
- Budget Management for a Food Truck Business
- Menu Development
- Interior Food Truck Design
- Business Plan Know-How

Lesson Activities

Lesson	Title	Activities
One	Marketing for Food Trucks	New product group brainstorming
		4 Ps of Marketing
		Product Research Survey
		Mission/Vision Presentation
Two	Budgeting a Food Truck	Food Truck Budget Planning
		Seed Money
Three	Menu Development	Menu Basics
		Signature Dishes and Staples
		Food Costing
		Designing Food Truck Brand/Logo
Four	Food Truck Design	Design Basics
		Food Truck Design Kit Hands-On
		Workspace Critique
Five	Business Plan	Intro to Business Plans Teamwork Exercise
		Components of a Business Plan
		Business Operations
Six	Menu Design Practice (Supplemental)	Design a Professional Menu to Match Your Brand

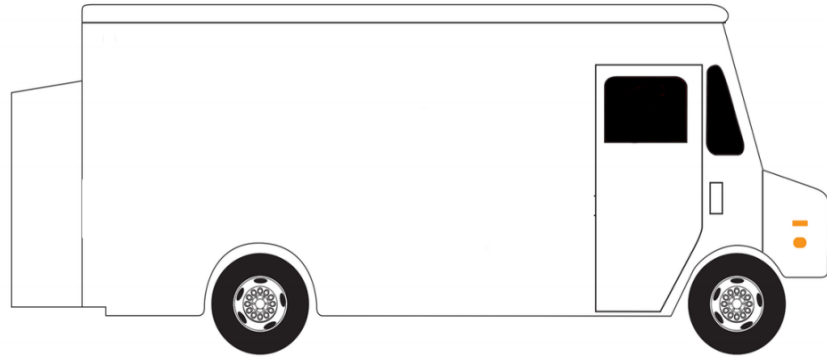
Each lesson has:

- Pre and Post Lesson Assessment
- Vocabulary
- Videos
- Individual, Paired and Small Group Activities
- Step by Step Instructions

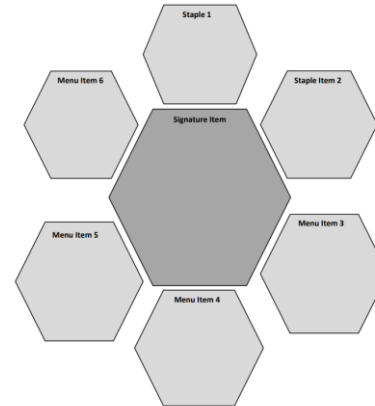
Menu Development

Food Truck Development & Design Curriculum

Use the blank template of a food truck below to design your brand. Include a business name and an appealing look/logo on the truck. Remember that a great first impression could make the difference between gaining new customers and losing them.



Complete the diagram below with potential menu ideas that best match your food truck brand. You will need one (1) signature item, two (2) staple items/comfort foods, and four (4) additional items that may share similar ingredients.



- Logo and Brand Design
- Menu Planning
- Menu Analysis

https://www.realityworks.com/wp-content/uploads/2023/04/Food-Truck-Design-and-Development-curriculum_SAMPLE.pdf



Food Science and Nutrition Lab Kit

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Food Science and Nutrition Lab Kit Contents



Food Science and Nutrition Lab Kit

Kit includes:

- Food Science and Nutrition curriculum
- How to Read a Food Label poster (6 sets)
- Six Essential Nutrients poster (6 sets)
- Food Processing, Production, and Safety Career Scenario Cards (1 set)
- Glo Germ™ Powder with brush
- 6 UV lights with batteries
- 1 package of cheese cloths
- 12 50 mL beakers
- 12 small funnels
- 12 pipettes
- 12 popsicle sticks

Access additional resources:

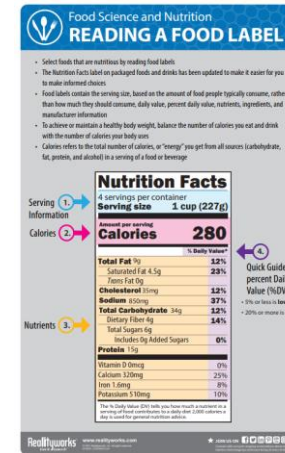
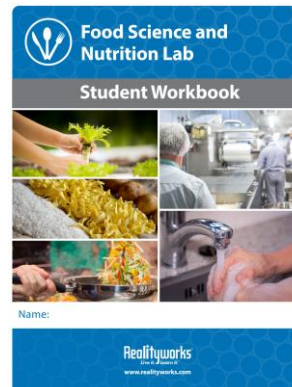
- www.realityworks.com/foodscienutritionkit-downloads
- Presentation slides
- Student completion certificate

Reorder materials at <http://www.realityworks.com>

For Safety Data Sheet (SDS) information, visit www.realityworks.com

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Curriculum Highlights

- Career Planning
- Food Safety
- Introduction to Nutrition
- Nutrition Therapy
- Food Technology
- Food Science, Dietetics and Nutrition Management
- Food Biology and Chemistry

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Lesson Activities

- Lesson 1 – Career Planning
 - Activity – Career Planning Presentation/Test
 - Activity – Mock Interview
- Lesson 2 – Food Safety
 - Activity – Food Safety Presentation
 - Activity – Food Safety Lab Activities
- Lesson 3 – Introduction to Nutrition
 - Activity - Reading Food Labels
 - Activity – Food Plans Challenge
- Lesson 4 – Nutrition Therapy
 - Activity - Around the World Presentation
 - Activity – Nutrition Therapy Plans
- Lesson 5 – Food Technology
 - Activity – Jellybean Challenge
 - Activity – Breaking News
- Lesson 6 – Food Science, Dietetics and Nutrition Management
 - Activity – The Great DeBake Cake Lab
 - Activity – Childhood Obesity Prevention Flyer
- Lesson 7 – Food Biology and Chemistry
 - Activity – DNA Extraction Lab
 - Activity – Food Reaction Lab

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Breaking News!



GMO Skit Rubric

- Pair up
- Search a GMOs
- Identify a popular food containing a specific GMO
- Create and deliver a breaking news segment presenting research

	Excellent 4 points	Good 3 points	Average 2 points	Needs Improvement 1 point	Total
Accuracy	All information is accurate	Almost all information is accurate	Most information accurate	Very little information accurate	
Role	Excellent teamwork in news presentation – responsibility evenly shared	Good teamwork in presentation but one person had a bit more responsibility	Fair teamwork with one member responsible for a majority of the presentation	Little or no teamwork exhibited	
Knowledge	Can thoroughly explain information found	Can clearly explain information found	Can only explain part of the information found	Cannot explain information found	
Creativity	Used several props and added several visuals like photos or animations	Used one prop and one visual effect	Used a prop or visual effect	Used no props or visual effects	
Required Elements	Included more information than required; met time of 5 minutes	Included all required information; met time of 5 minutes	Included most required information; did not meet time of 5 minutes	Included less information than required; did not meet time of 5 minutes	

20 points 100%

15 points 75%

10 points 50%

Total _____



Sports Nutrition Lab Kit

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Sports Nutrition Lab Kit Contents



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Curriculum Highlights

- Nutrients
- Nutrition to Enhance Performance
- Body Weight, Body Composition, and Body Fat
- Food Labels
- Safe Methods for Weight Loss and Weight Gain
- Supplements
- Substance Abuse

Lesson Activities

Lesson	Topic	Suggested Activities & Content
1	Nutrients	Research project on 6 classes of nutrients; Nutrient intake case studies
2	Nutrition to Enhance Performance	Creating a pregame meal for a specific sport
3	Body Weight, Body Composition and Body Fat	Differentiate between body weight and body composition; Case study calculating body composition; calculating percent body fat using multiple methods
4	Food Labels	Nutrition label reading lab activity and information relevant to athletes
5	Safe Methods for Weight Loss and Weight Gain	Research project on safe methods for weight loss and weight gain - half class choose one method for gaining and the other half for loss - must be science based.
6	Supplements	Use the National Institutes of Health Fact Sheet Dietary Supplements for Exercise and Athletic Performance - choose one supplement to do a deep dive in
7	Substance Abuse	Creating a brochure for athletes on banned substances

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Balance Your Plate

Create a balanced eating plan that follows the criteria below:

- A protein, carb, fat, and water source at each meal
- At least two food groups represented at each snack
- At least three food groups represented at each meal
- All five food groups represented throughout the day

<https://www.realityworks.com/wp-content/uploads/2021/09/Sports-Nutrition-Workbook-Sample.pdf>

Lesson One – Nutrients

Balance Your Plate!



Create a balanced eating plan that follows the criteria below:

- A protein, carb, fat, and water source at each meal
- At least two food groups represented at each snack
- At least three food groups represented at each meal
- All five food groups represented throughout the day

Breakfast example: Scrambled egg omelet with bacon, green peppers, cheese, and tomato with an apple on the side.

Protein: egg and bacon

Carb: green peppers and tomato

Fat: cheese and bacon

Water: tomato, peppers, and apple

Four food groups: Protein (egg + bacon), Fruit (apple), Vegetable (green peppers & tomato), Dairy (cheese)

Meal	Food and/or Drink
Breakfast	
Morning Snack	
Lunch	
Afternoon Snack	
Dinner	
Bedtime Snack	

Sports Nutrition Lab Student Workbook | Realityworks, Inc.

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Farm to Fork Lab Kit

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Farm to Fork Lab Kit Contents



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Culinary Kits

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Curriculum Highlights

- Production of Goods
- Processing Agricultural Products
- Transporting Food to a Regional Distribution Center
- Shipping Produce to Local Retail Stores
- Food Ending Up on Your Plate

Lesson Activities

Lesson Topic	Resource	Components	Lab Activity
Lesson 1- Production of Goods	Field Insects Kit		Each small group must identify their pest, research and put together a five minute presentation on the impact that this crop pest has on the production of crops.
Lesson 2 - Processing Agricultural Products	Petri dishes, Agar Powder, Cotton Swabs		Food Contamination Lab: Food is left in different environments and students must determine which environment contributes to the contamination
Lesson 3 - Transporting Food to a Regional Distribution Center	Dry Erase Boards, Microfiber Cloth, Dry Erase Marker		Students are given a scenario and as a group must document the cold chain pack process during the food transportation stage
Lesson 4 - Shipping Produce to Local Retail Stores	Shipping, Pricing and Packaging Scenario Cards		Each group of students must solve the ethical dilemma on their challenge card
Lesson 5 - Food Ending Up on Your Plate	Meal Planning and Grocery Shopping Scenario Cards		Each kitchen lab chooses a challenge card which includes a scenario for planning a specific number of meals with specific financial or ingredient constraints.

Scenarios

Farm to Fork Lab Kit

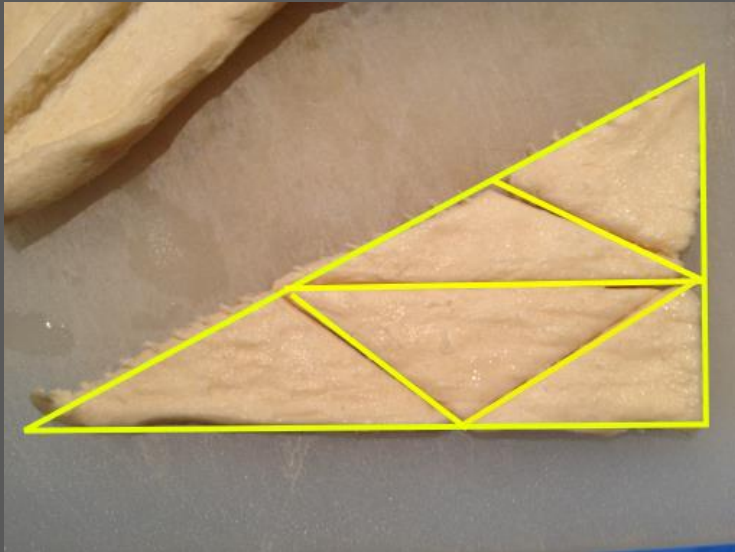
Shipping, Pricing, and Packaging

Scenario: A courier service is responsible for delivering a meal kit subscription box that contains excessive packaging, including single-use plastic containers and excessive insulation materials. The company faces an ethical dilemma of whether to continue using unsustainable packaging practices to meet customer demands or transition to more eco-friendly alternatives, potentially risking customer satisfaction and profitability.

Farm to Fork Lab Kit

Meal Planning and Grocery Shopping

Scenario: You must meal plan for a family trying to save money on groceries with a budget of \$80 per week. The family consists of two adults and three teenagers who have hearty appetites. They want to focus on low-cost but filling meals that incorporate affordable proteins, such as chicken, eggs, and legumes. The meal plan should consider the possibility of bulk buying and using frozen or canned ingredients to keep costs down.



Culinary Math Training Kit

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Culinary Math Training Kit Contents



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Curriculum Highlights

- Fractions, Decimals, Ratios, and Percentages
- Measurement Systems
- Conversions
- Calculating Food Costs
- Kitchen Measuring Tools
- Converting Standardized Recipes

Program Highlights

- Use the included presentation slides to address these concepts in person or use the online curriculum to conduct complete lessons
- Each lesson integrates the use of common culinary measurement tools
- Assessment provided within the program
- Built-in assessments include lesson quizzes plus summative quizzes for math review and culinary math review
- Student workbooks reinforce learning whether content is presented via slide presentations in class or online lessons

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free

Free Lesson



<https://realityworks.pages.salesfusion.com/try-our-online-fcs-programs-for-free>

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Other Culinary Resources

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Hydroponics

- Plant Mini Educational Hydroponics System Class Pack (5-pack)
- Plant Lab Educational Hydroponics System
- Plant Producer Educational Hydroponics System



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Meat Cuts

- Beef & Pork 3D Meat Cuts Poster
- Butcher Beef, Pork or Lamb Cuts Models



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Culinary Soft Skills

- Culinary Career Scenario Cards
- Food Processing, Production, and Safety Career Scenario Cards
- Free scenario to try [Food-Processing-Production-and-Safety-Career-Scenario-Cards-Sample.pdf](http://www.realityworks.com/food-processing-production-and-safety-career-scenario-cards-sample.pdf) (www.realityworks.com)



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NOW WHAT?

- What culinary content areas do you need more resources for?
- Do any of these resources line up with the gaps you have?
- Start small – try one kit and then GROW!

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Additional Resources

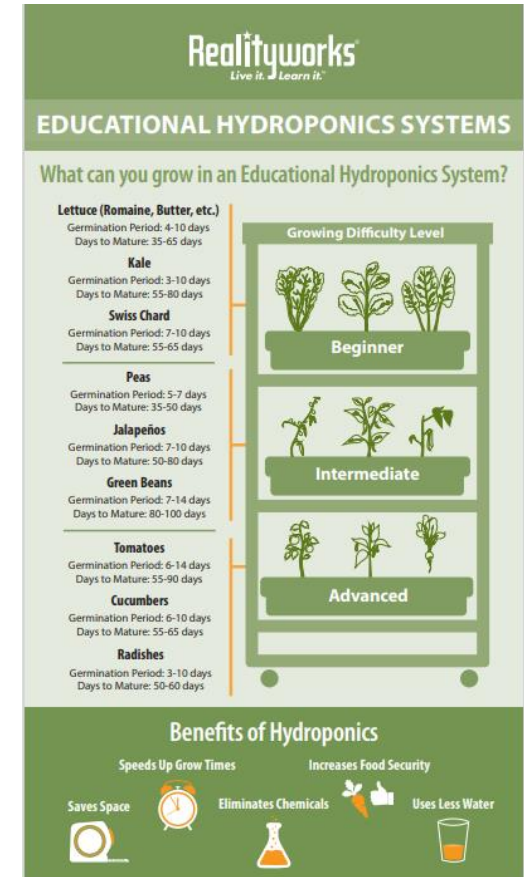
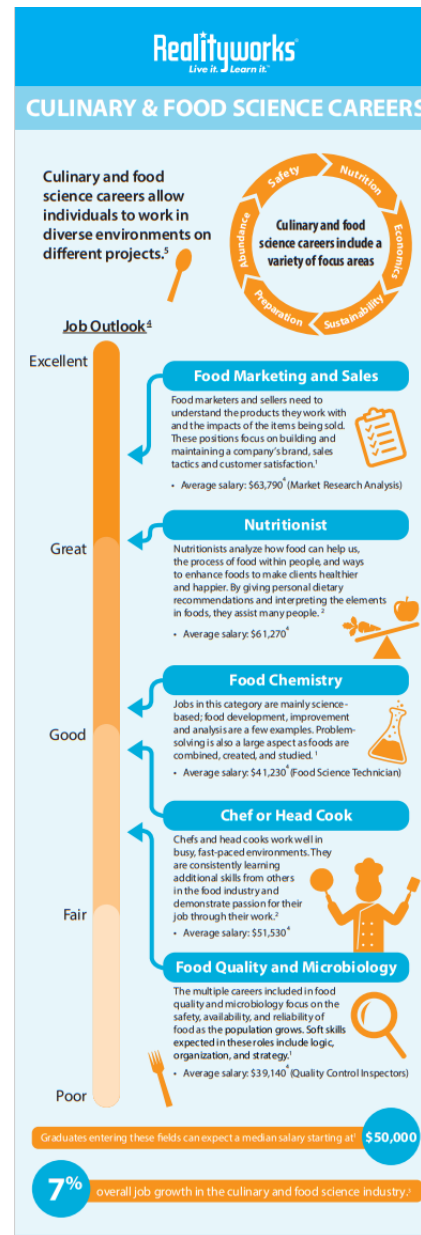
- Free 5-Lesson Unit on Culinary Arts and Food Science Career Exploration
<https://www.realityworks.com/career-exploration-culinary-arts-food-science>



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Culinary Posters

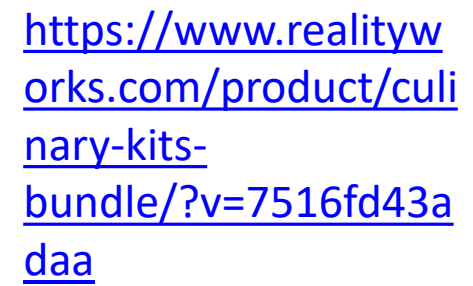
- Free Posters and Infographics at <https://www.realityworks.com/resources/realityworks-interactive-posters-downloads/>



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Additional Resources

- Realityworks Blog
 - <http://realityworks.com/blog/>
- Facebook
 - <https://www.facebook.com/realityworksinc>
- Twitter
 - <https://twitter.com/RealityworksInc>
- Product Support
 - <http://www.realityworks.com/support/>



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