

Webinar:

Kick Off Your Semester With Realityworks Culinary Kits

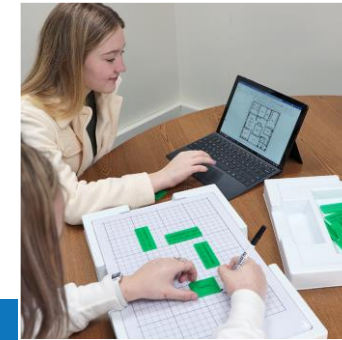
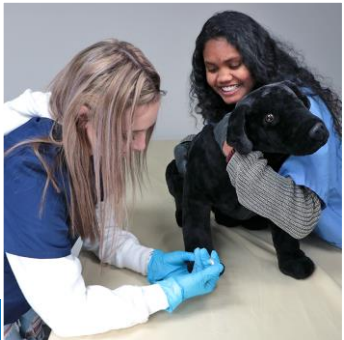
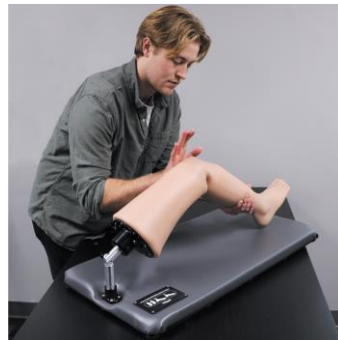
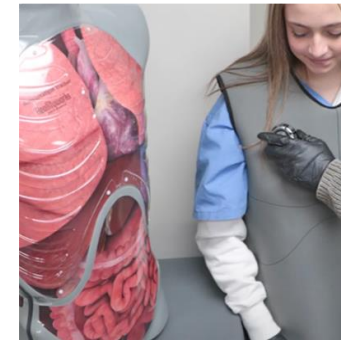


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Who is Realityworks?



We partner with educators, administrators and industry leaders to ensure our offerings meet their needs and make lessons truly meaningful.

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Presented by

Denise DuBois

Senior FCS Product Manager

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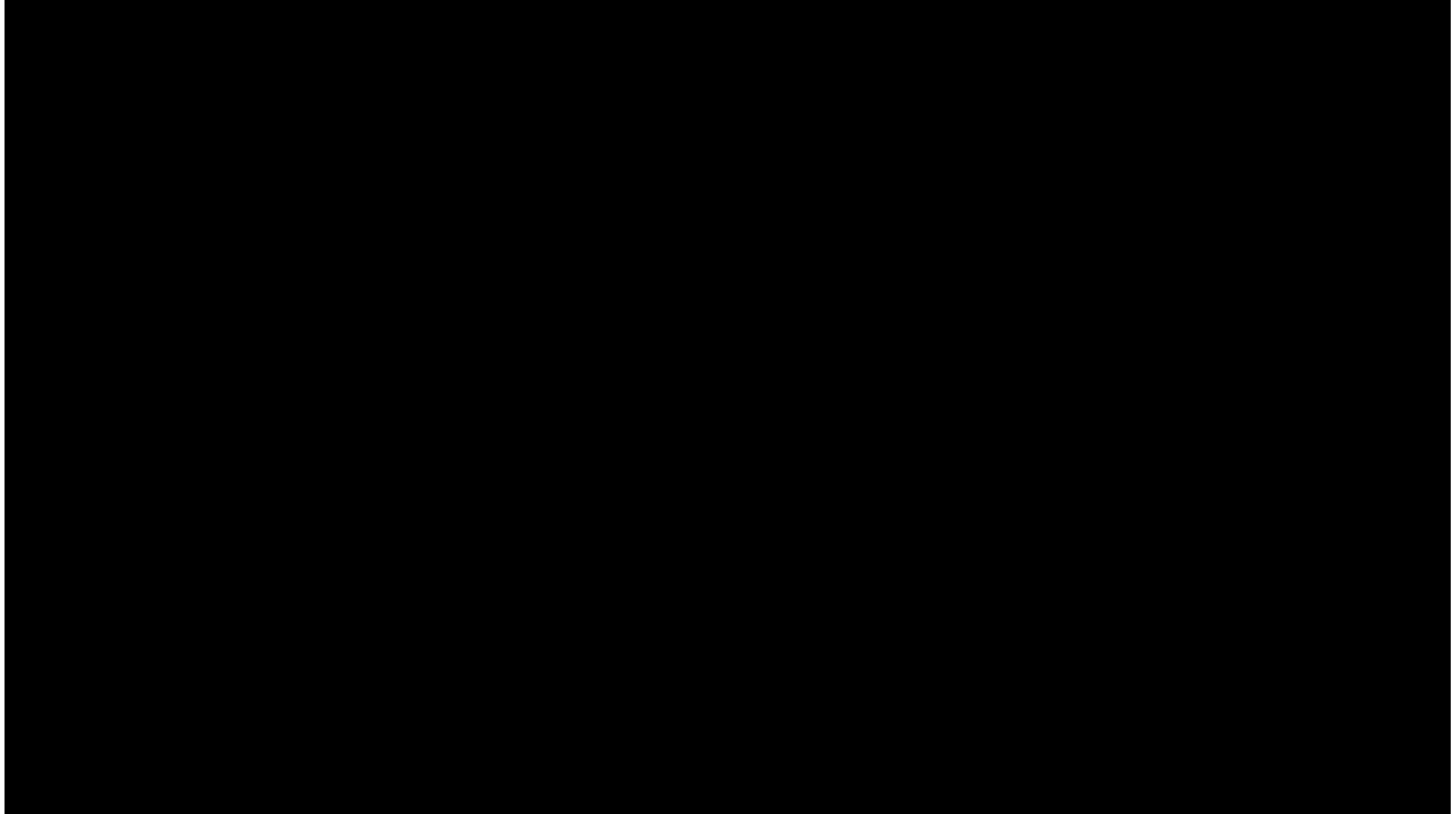
What we will discuss today...

- 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
- Food Plating and Presentation Kit
- Other Resources (Hydroponics, Meat Cuts, Soft Skills)
- Free Resources
- Q&A



Knife Skills Kit

Knife Skills Kit Overview



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

Anatomy of Knives

- Show the Anatomy of Knives slide presentation
- Have students complete the Knife Chart as they listen.
- If remote, research assignment.
- Answer Key provided

<https://www.realityworks.com/wp-content/uploads/2024/06/1055091-02-Anatomy-of-Knives-slide-presentation.zip>

Culinary Knife Skills Curriculum

Name: _____ Class: _____

Knife Chart

Complete the chart by labeling each knife, describing the size, shape of blade, etc. and giving examples of a food item that you would prepare with each knife. Example: a serrated knife would be used to slice banana bread.

Knife	Name	Description	Examples of Use
			
			
			
			
			
			
			



Food Safety Kit

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



Curriculum Highlights

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

Sample lesson: <https://www.realityworks.com/wp-content/uploads/2019/07/understanding-basic-food-safety-curriculum-sample-lesson-pages.pdf>

Lesson Activities

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



Lesson Activities

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



Common Pathogen Research Project

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

[Understanding-Basic-Food-Safety-Curriculum_SAMPLE.pdf \(realityworks.com\)](#)

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 foodbor

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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.

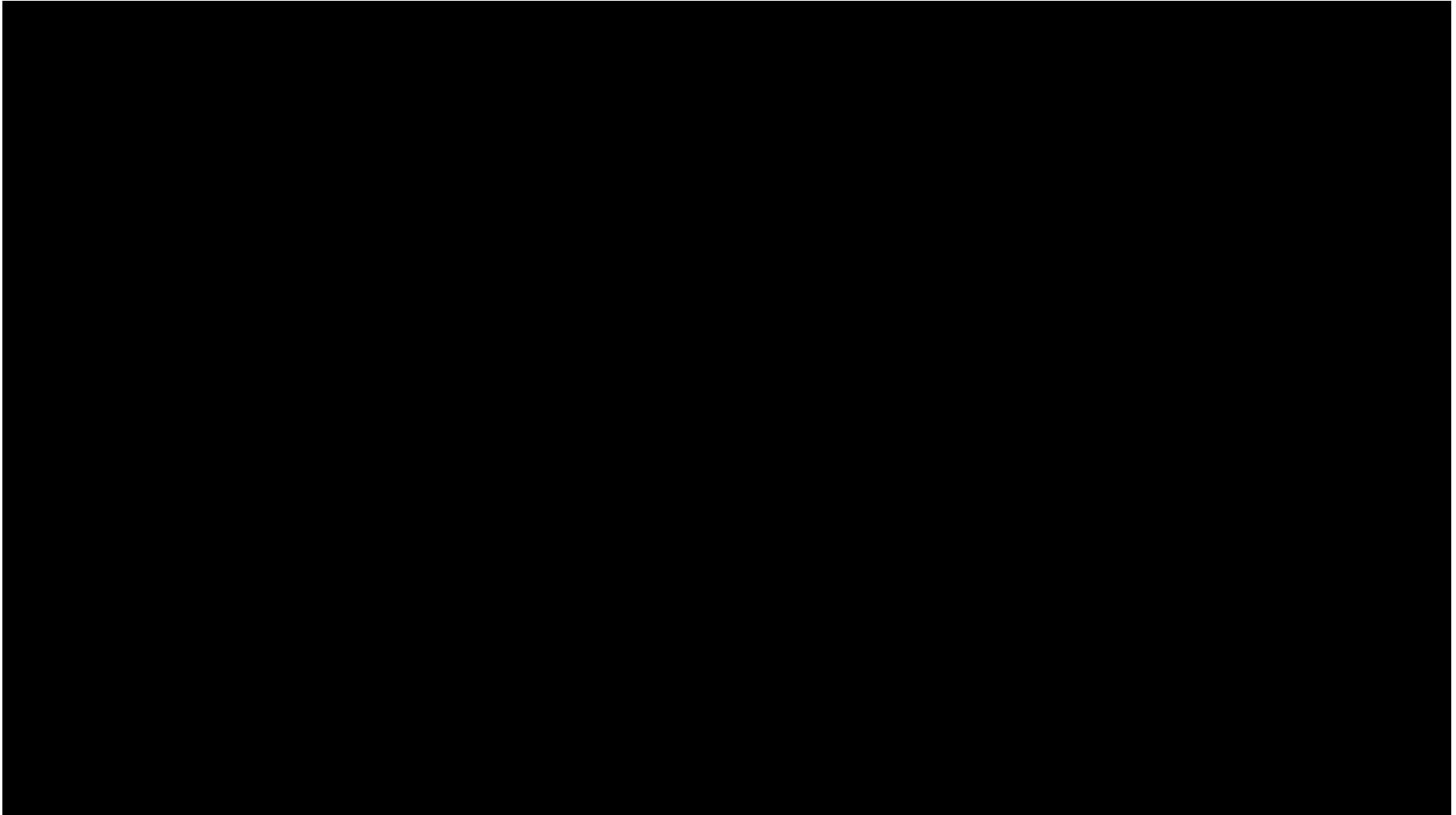
Information	Findings
Pathogen name	
Definition of what the pathogen is	
Common symptoms after eating food with this contaminant	
Where the pathogen is found	
How can you avoid this pathogen, or what food safety procedures can you follow to prevent it?	
Photo or diagram found and source	

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Kitchen Safety Kit

Kitchen Safety Kit Overview



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

Burns, Falls, Electrical & Chemical Hazards

- Share lecture notes and slide presentation OR
- Post this information to LMS
- Complete 4 page listening guide – causes and prevention strategies

<https://www.realityworks.com/wp-content/uploads/2024/06/1057583-01-Lesson-4-Prevention-of-Burns-Falls-and-Electrical-and-Chemical-Hazards.zip>

Basic Kitchen Safety Name: _____ Class: _____	
Burns Listening Guide Take notes as information is shared by the teacher and by other participants.	
Causes	Prevention Strategies
Information from slide presentation	
Information from participant presentation	
49	

Basic Kitchen Safety Name: _____ Class: _____	
Slips, Trips, and Falls Listening Guide Take notes as information is shared by the teacher and by other participants.	
Causes	Prevention Strategies
Information from slide presentation	
Information from participant presentation	
50	

Basic Kitchen Safety Name: _____ Class: _____	
Electrical Hazards Listening Guide Take notes as information is shared by the teacher and by other participants.	
Causes	Prevention Strategies
Information from slide presentation	
Information from participant presentation	
51	

Basic Kitchen Safety Name: _____ Class: _____	
Chemical Hazards Listening Guide Take notes as information is shared by the teacher and by other participants.	
Causes	Prevention Strategies
Information from slide presentation	
Information from participant presentation	
52	



Food Truck Design Kit

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



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

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

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

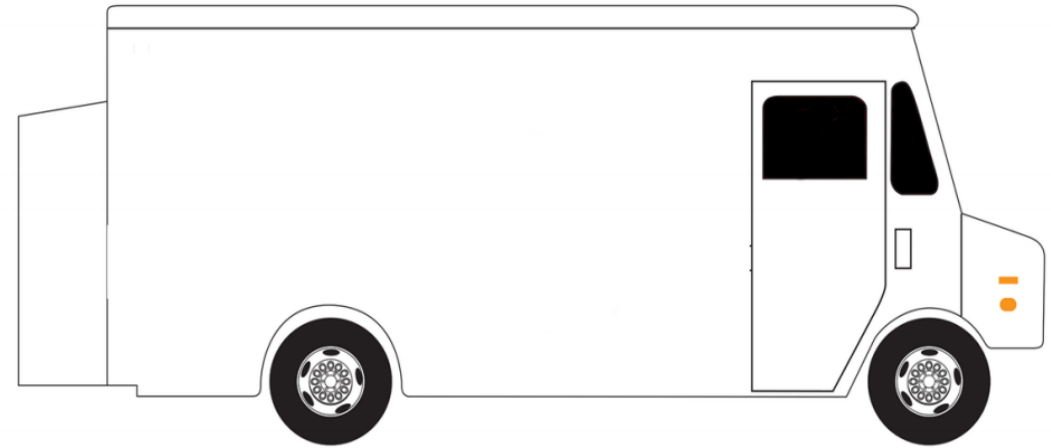
Menu Development

- 4 hours of lesson content!
- Understanding Menu Basics
- Logo and Brand Design
- Menu Planning
- Menu Pricing
- Menu Vocabulary
- Menu Assessment

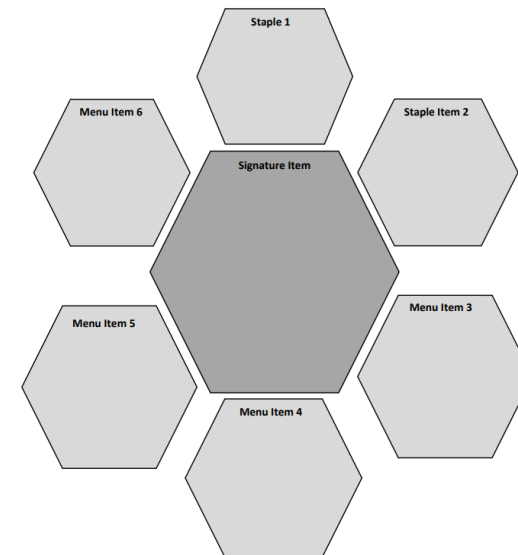
<https://www.realityworks.com/wp-content/uploads/2024/06/1057789-01-Lesson-3-Menu-Development.zip>

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.



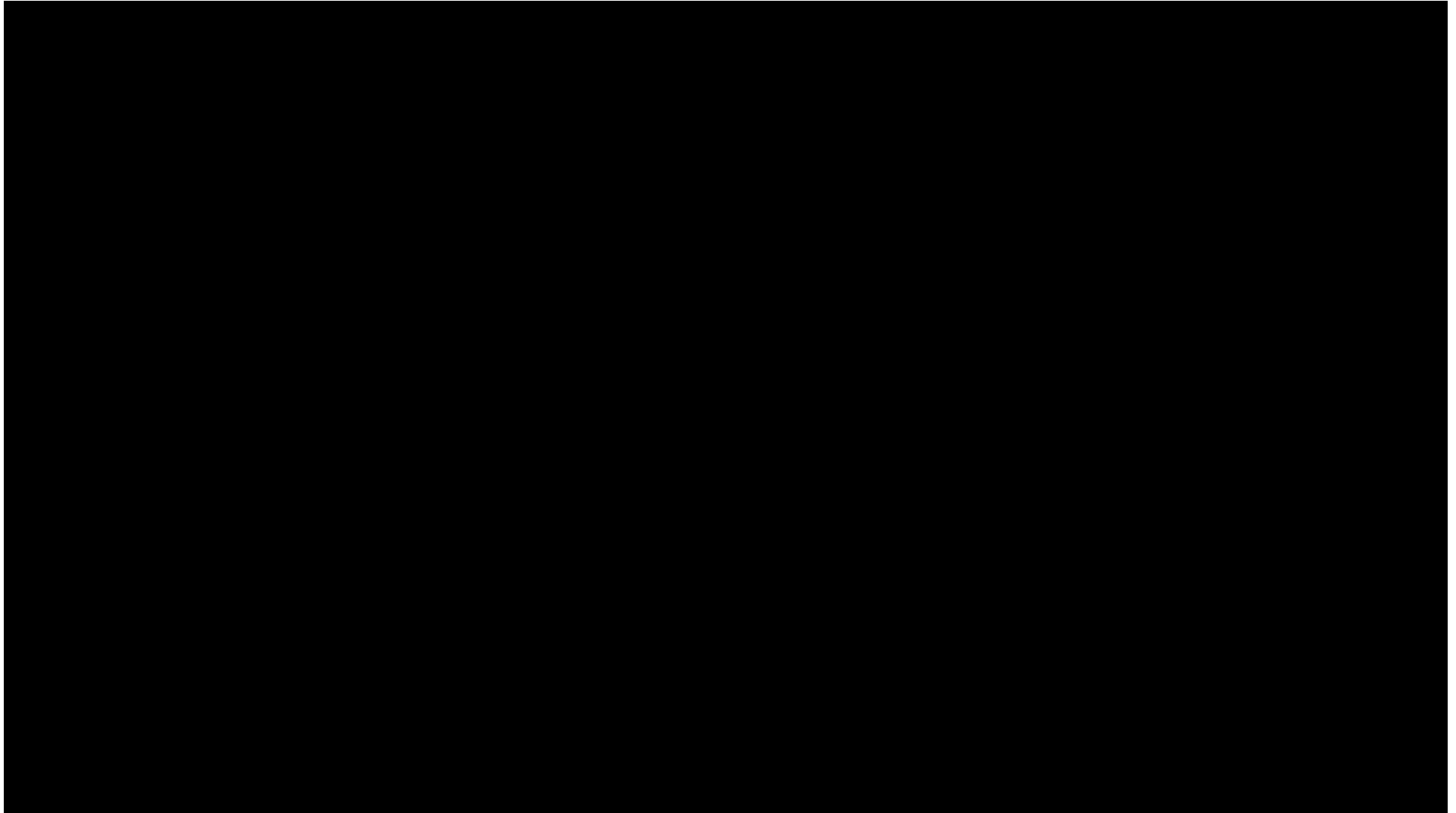
Complete the diagram below with potential menu ideas that best match your food truck brand. You will need one (1) signature item, two (2) staple items/comfort foods, and four (4) additional items that may share similar ingredients.





Food Science and Nutrition Lab Kit

Food Science and Nutrition Lab Kit Overview



Curriculum Highlights

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

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

Breaking News

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



GMO Skit Rubric

	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

Sports Nutrition Lab Kit Contents



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

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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

Balance Your Plate

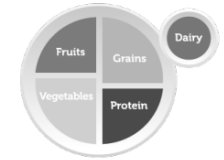
Create a balanced eating plan that follows the criteria below:

- 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

A word from the curriculum writer...

realityworks.com/product/farm-to-fork-lab-kit/?v=7516fd43adaa

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PRODUCTS RESOURCES SUPPORT ABOUT NEWS

Home / CTE / 2024 New CTE Products / Farm to Fork Lab Kit

Farm to Fork Lab Kit
Additional features and functions:
• Lab activities allow application of concepts with hands-on learning
• Enough materials for multiple small groups to work on activities simultaneously
• Easy-to-implement, supplemental kit for a one-week unit in FCS or agriculture classes
• Standards-based, downloadable curriculum

Storage box
Farm To Fork Lab Kit Scenario Cards
Field Insects Kit:
• Aphid
• Fungus gnat
• Mealybug
• Leafminer
• Shore fly
• Greenhouse whitefly
• Two-spotted spider mite
• Thrip

30 Petri dishes
Cotton swabs
Agar powder
5 whiteboards
5 microfiber cloths
5 markers

Farm to Fork Lab Kit

Introduce students to farm-to-table concepts with our unique Farm to Fork Lab Kit. This kit includes scenario cards, problem-solving skills, and lab activities focused on standards-based curriculum relevant farm-to-table topics.

\$1,299.00

SKU: 10860311

1 ADD TO CART

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Farm to Fork Lab Kit Contents



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

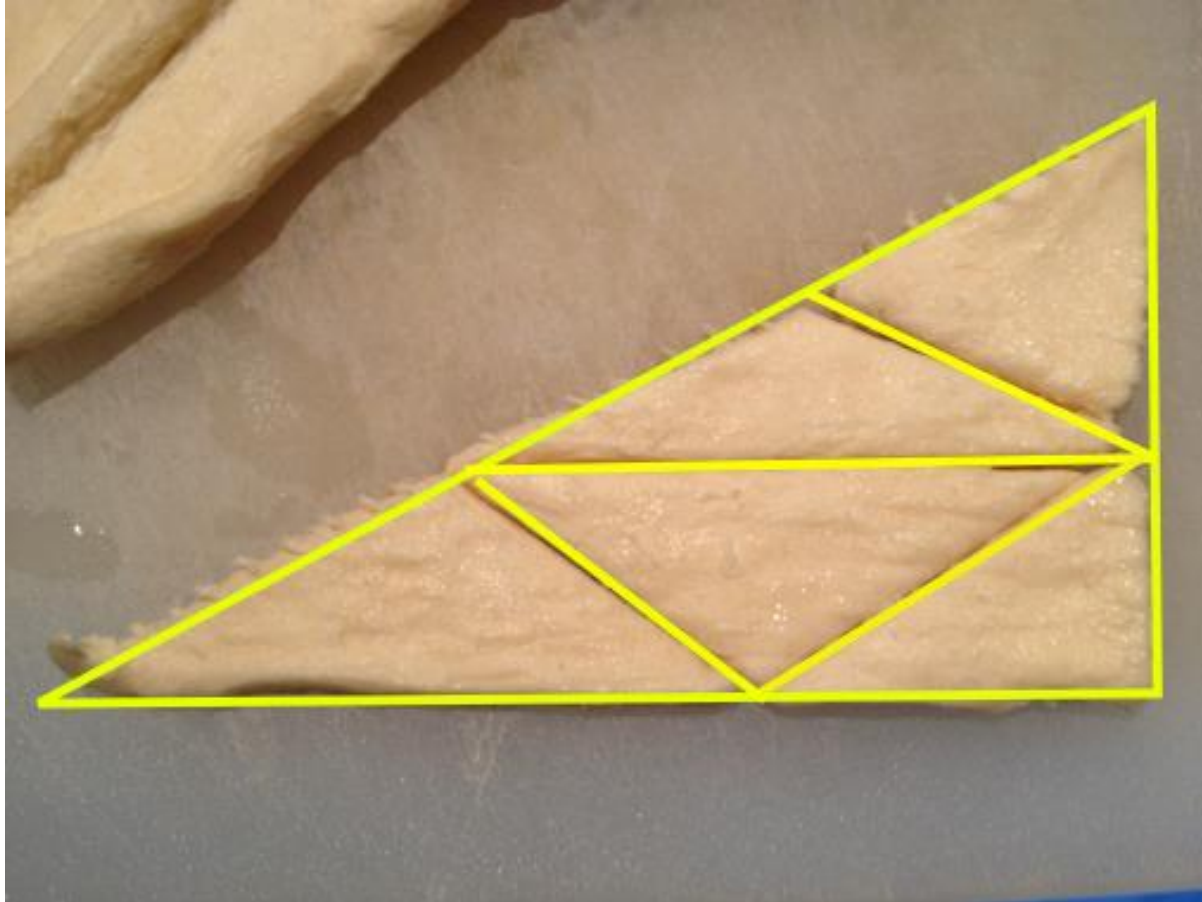
Shipping, Pricing, and Packaging

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

Culinary Math Training Kit Contents



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

Free Lesson



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

Food Plating and Presentation Kit



Product Overview

Kit includes:

- Model Food Set
 - 2 breads
 - 2 flower breads
 - 2 croissants
 - 6 greens
 - 3 bok choy
 - 2 chickens
 - 1 grilled chicken
 - 2 porks
 - 1 steak
 - 2 lemons
 - 2 limes
 - 2 oranges
 - 3 bunches of grapes
 - 3 sets of black cherries
 - Model set bag
- 10 Chef Plating Toolkits
 - Stainless steel offset spatula
 - 3 culinary tweezers
 - Saucer-decorating spoon
 - Plating spoon with solid bowl
 - Slotted plating spoon
 - Culinary packet roll
- 20 dinner plates
- 20 dry erase markers
- 10 microfiber cloths

Access curriculum and additional resources:



- Curriculum
- Slide presentations
- Scenario cards
- Vocabulary cards
- Student completion certificate

Order more kits at
www.realityworks.com

FOR EDUCATIONAL USE ONLY

Note: Clean food models with disinfectant wipes. Do not submerge in water.

Warning: Choking hazard. Contains small parts.

Curriculum Highlights

Introduction to Plating and Plating Tools
The Importance of the Plate
The Art of Arrangement
Plating Techniques
Correcting Mistakes
Portion Size
Plating Trends
Dessert Plating and Presentation
Breakfast Plating and Presentation
Garnishing

16.5-25 teaching hours

Program Highlights



Students will learn plating techniques and then apply them in 5 or more lab activities



Students will use real tools of the trade, plating toolkits for their plating activities



A food model kit allows for practice before using expensive consumables



Classroom management allows for 20 students to be doing these activities simultaneously

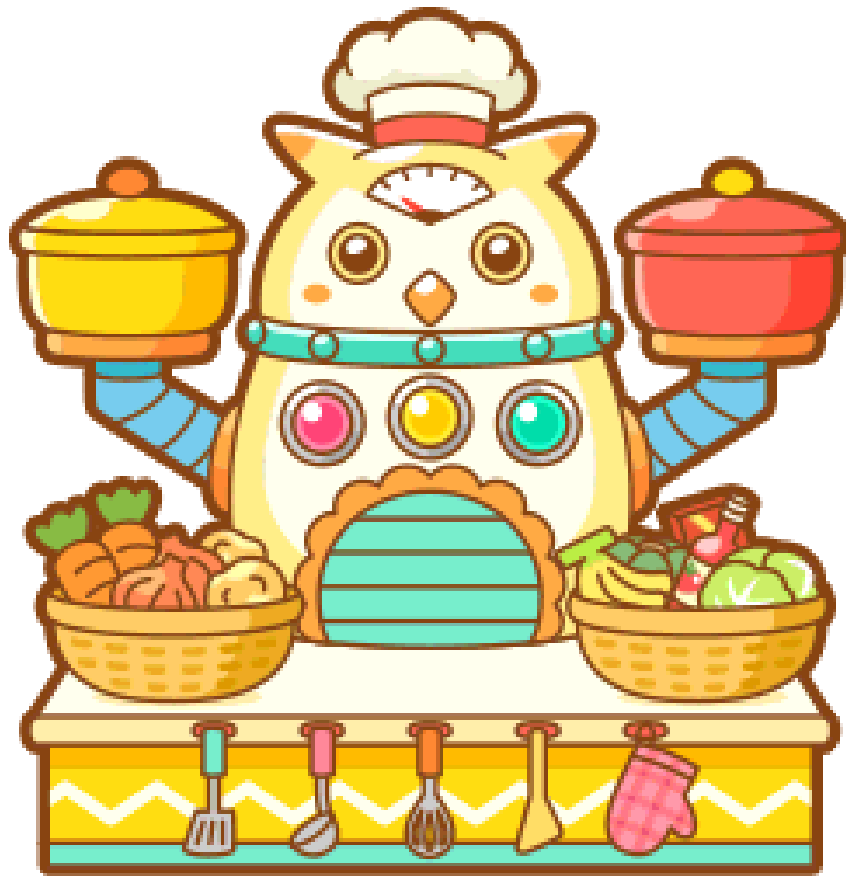


Scenario cards present challenges to students for problem-solving and critical thinking



Printable vocabulary cards weave language arts skills into each lesson while students learn the terminology used professionally

What Now?



- 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!

Now what?

- Download our Free 5-Lesson Unit on Culinary Arts and Food Science Career Exploration <https://www.realityworks.com/career-exploration-culinary-arts-food-science>
- Free Posters and Infographics at <https://www.realityworks.com/resources/realityworks-interactive-posters-downloads/>
- Contact us with questions!



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