# UCR Portion Perfection In-Service Lesson Plan

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<th>Title</th>
<th>Portion Perfection</th>
<th>Name</th>
<th>Morgan Garlock and Ashley Marsh</th>
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<td>Target Audience</td>
<td>Foodservice Employees in UCR</td>
<td>Facility</td>
<td>IMC, LDS, Riverton, Altaview, TOSH</td>
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**Terminal Objective**
Employees will be able to articulate the need for portion control and will desire to implement it in production and service.

**Terminal Concept**
Portion control is necessary to manage cost, meet production needs, promote customer satisfaction, and meet nutrition requirements for particular diets.

**Domain:** Cognitive and affective  
**Level:** Comprehension

**Methods:** 2 demonstrations, illustration (Ppt), example/non-example, role play

**References**

**Preparation**
Gather food and materials for turkey display. Set out turkey display on small plates on front table. Gather food, serving scoop, serving spoon, and plates for activity. Create and review ppt, including example/non-example. Practice role play.

**Pre-assessment**
Ask: Why is portion control important in production and service?

**Introduction (3 min)**
Start by asking for two volunteers. Explain to them that their task is to portion out as many half cup servings of rice as they can in 15 seconds. There will be multiple utensils from them to choose from. One will be a half cup scoop. Another will be a quarter cup scoop, a 2 oz. spoodle, and a serving spoon. Each volunteer will choose their utensil.

Ask: How do you properly portion on trayline and in the cafeteria? (Ppt—Make sure that they mention using the right utensil and leveling it off. Then do pre-assessment).

**Supporting Objectives**
Learners will be able to describe the benefits of portion control for promoting customer satisfaction.

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<th>Content Outline</th>
<th>Time</th>
<th>Learning Experiences</th>
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| Standardization of portion measurements in the kitchen produce the same, high-quality product every time. The customers and patients all receive the same size portion. Consistent flavor, texture, and outcome. | 5 min | Ppt slide.  
| Ask, “Do any of you have experiences when you or a
Learners will be able to explain the impact on cost when portion control is not used.

Over portioning can decrease profit due to increase cost of product and decreased sales. Determining budget is difficult. Complicates pricing of items.

Adding too many ingredients, may run out and can affect other recipes. Interferes with inventory control and ordering. May not meet customer demand/patient load if too few portions are served.

Low Sodium, Renal Diet, Heart Healthy, diabetic diet, individual trying to lose weight loss. Incorrect portioning can cause non-compliance with any of these therapeutic diets.

Transition to discussing cost by stating how much it costs to produce the correctly sized turkey compared to the other sizes. Ppt slide showing how many are sold every day, month, year, and how the various costs would impact profit.

Role play:
One cook/chill cook is in the kitchen making beef stroganoff. She adds extra sour cream and mushrooms (from the back store room) to make it taste better. Later on that day in the kitchen, the retail person comes down to get mushrooms for the pizza and doesn’t have enough. Ppt slide

Example/Non-Example with things that fit into the therapeutic diets and things that don’t. The last example is an oversized menu item to show specifically the impact of portioning on nutrition. Ask participants to guess what we are talking about. Ppt slide

Assessment (2 min)
**Ask questions to class:**

1. A serving size of rice is \( \frac{1}{2} \) cup. Which utensil would you use to serve it? (Show three pictures—a serving spoon, a green \( \frac{1}{3} \) cup scoop, and a **gray \( \frac{1}{2} \) cup scoop**.)

2. What is the most accurate way to measure 3 oz. of meat? (Spoodle, **scale**, or scoop)

3. Ask them to come up with three benefits of portion control with their neighbor.

**Closure**

Ask them to share with their neighbor something they learned or want to work on in their facility. Ask if they have any questions. Thank participants for coming and encourage them to continue ensuring food is accurately measured and served.