

UCR PORTION PERFECTION IN-SERVICE LESSON PLAN

Title Portion Perfection	Name Morgan Garlock and Ashley Marsh
Target Audience Foodservice Employees in UCR	Facility IMC, LDS, Riverton, Altaview, TOSH

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.
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Domain: Cognitive and affective Level: Comprehension	Methods: 2 demonstrations, illustration (Ppt), example/non-example, role play
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References Gregoire MB. Foodservice Organizations: A Managerial and Systems Approach. 7 th ed. Upper Saddle River, NJ:Prentice Hall; 2010.

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).
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Supporting Objectives	Content Outline	Time	Learning Experiences
Learners will be able to describe the benefits of portion control for promoting customer satisfaction.	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

<p>Learners will be able to explain the impact on cost when portion control is not used.</p>	<p>Over portioning can decrease profit due to increase cost of product and decreased sales. Determining budget is difficult. Complicates pricing of items.</p>	<p>4 min</p>	<p>customer you served were dissatisfied because you received different serving sizes?</p> <p>Share personal experience if needed. (Morgan's salads at the wall.)</p> <p>Turkey display. Ask participants, "Who would be satisfied with this amount of turkey (pointing to the smallest portion)?" Repeat question for other sizes. Discuss how this applies to patient services and retail.</p> <p>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.</p>
<p>Learners will be able to recognize the impact of incorrect portioning on production and service.</p>	<p>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.</p>	<p>3 min</p>	<p>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</p>
<p>Learners will be able to explain the importance of correct portioning for meeting nutritional requirements for particular diets.</p>	<p>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.</p>	<p>5 min</p>	<p>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</p>
<p>Assessment (2 min)</p>			

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.