

MENU MODIFICATIONS

Foods and Health 9

WHAT IS A MENU MODIFICATION?

- ⦿ It is the process of replacing one ingredient with another.
- ⦿ It is also the process of adding ingredients into recipes.
- ⦿ Additionally, recipes can be made healthier and to remove allergen ingredients.

HOW DOES CHANGING INGREDIENTS IMPROVE HEALTH?

- ⦿ Making food healthier may require several modifications
- ⦿ Only a single modification should be done at a time

HOW DOES CHANGING INGREDIENTS IMPROVE HEALTH?

⦿ Examples:

- We can use many different ingredients including
 - whole wheat flour
 - whole grains (brown rice or brown flour)
 - Better fats
 - Reduce the amount of sugar
 - Reduce the amount of salt

WHY IS IT IMPORTANT TO EAT HEALTHY FATS?

- Healthy fats reduce your level of cholesterol and reduce your chances of getting heart disease and preventing heart attacks
- Therefore it is important to reduce the intake of “bad” fats which include
 - Coconut oil
 - Animal fats (some gelatins and butter)
 - Lard

WHY IS IT IMPORTANT TO EAT WHOLE GRAINS?

- ◉ Whole grains help your digestive tract absorb nutrients and improve bowel movements
- ◉ Improving bowel movements is important because it helps prevent constipation and straining
- ◉ Therefore it is important to reduce the intake of refined carbohydrates which include
 - White bread
 - White pasta
 - White rice
 - Chips

WHY IS REDUCING SALT CONSUMPTION IMPORTANT?

- ⦿ High salt diets increase blood pressure
- ⦿ Therefore it is important to reduce salt
 - Eat less salty items
 - Do not put additional salt (examples below)
 - Steak
 - Potatoes
 - Roasted vegetables
 - Etcetera

WHY IS REDUCING SALT CONSUMPTION IMPORTANT?

- ⦿ List 5 foods that you eat that contain salt.
- ⦿ If you had to remove two of the items from your diet which would they be and why?

WHY IS REDUCING SUGAR CONSUMPTION IMPORTANT?

- ⦿ High sugar diets increase the risk of diabetes and weight gain
- ⦿ Therefore it is important to reduce sugar
 - Eat less sugary items
 - Do not put additional sugar (examples below)
 - Coffee
 - Tea

WHY IS REDUCING SUGAR CONSUMPTION IMPORTANT?

- ⦿ List 5 foods that you eat that contain sugar.
- ⦿ If you had to remove two of the items from your diet which would they be and why?

ACQUIRING FOOD

STEPS IN ACQUIRING FOOD

- ◉ The steps in growing food are many so let us consider the humble tomato
- ◉ In January/February the seeds are planted in small pots
- ◉ The seeds then germinate for approximately 3 to 4 weeks

STEPS IN ACQUIRING FOOD

- ◉ A certain number of the seeds will fail to germinate
- ◉ Then they are moved to larger pots to grow into a more mature plant
- ◉ The movement of plants occurs multiple times until the plants are several feet tall
- ◉ Tomatoes tend to appear in June and July

EXPENSES

◎ Tomatoes

<ul style="list-style-type: none">• Seeds• Soil• Green house or indoor warm space• Outdoor garden area	<ul style="list-style-type: none">• Plant pots• Tomato cages• Fertilizer• Stakes
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- The more of these factors involved the more expensive it becomes.
- What other expenses might there be missing from this list?

ACCESSIBILITY

- ⦿ Not all ingredients are available all time.
- ⦿ The growing season makes it dependant on what ingredients we have access to.
- ⦿ Not all ingredients are of the same quality.
- ⦿ Organic tends to be more pricey and we cannot guarantee that they have not been exposed to pesticides

SAFETY

SAFETY: HOW TO TIDY UP YOUR STATION

- ⦿ Make sure your oven is off (one group left their oven on)
- ⦿ Please ensure your dishes are dry to prevent mold and bacteria from growing
- ⦿ Place dirty linens (towels, cloths, oven mitts, aprons, etc.) into the laundry bin
- ⦿ MODIFICATIONS ARE NOT ALLOWED WITHOUT MY (MS. BANDALI'S) APPROVAL

KNIFE CUTTING SKILLS

VIDEOS ON KNIFE CUTTING SKILLS

- ⦿ Basic Knife Cutting Skills
- ⦿ How to Cut Carrots
- ⦿ How to Cut Broccoli
- ⦿ Note: Takes notes on how the knife is held and how to keep your self safe from injuries.

REFERENCES

- ◎ How to Cut Broccoli:

<https://www.youtube.com/watch?v=AEVS4568w2U>

- ◎ How to Cut Carrots:

<https://www.youtube.com/watch?v=bZOz1sg7Xil>

- ◎ Basic cutting skills with Chef Tom Sisco:

<https://www.youtube.com/watch?v=-ivJ3Xpkisl>