



FUNdamentals of Weights and Measures

CURRICULUM OUTLINE

September 21, 2026

LEARNING OBJECTIVES

1

Identify the difference between weight and volume measure.

2

Apply the principles of weights and volume measures to enhance the quality and consistency of school meals, including meal pattern and nutrient crediting.

3

Use and properly care for various types of knives, scales, volume measures, other kitchen tools and food production equipment.

4

Implement quality control measures, such as proper receiving, batch cooking, and handling of food ingredients, in the preparation of school meals.

MORNING AGENDA



7:30 am – 12:45 pm

7:30 am

Registration

8:00 am – 8:15 am

Welcome

1. Introductions
2. Setting expectations—agenda, schedule, housekeeping

8:15 am – 9:15 am

Knife Skills, Fruit and Vegetable Processing Demonstration

1. Knife Skills handout
2. AP to EP demonstration/activity

9:15 am – 10:30 am

Weight versus Volume Measure

1. Wt. versus Measure Demo/Handout, Measuring Liquids, how to use a digital scale (lb, oz, grams), Basics at a Glance Poster, Calculating Servings in a Pan Activity, What's the Scoop? Demo
2. Guess the Weight Activity (kitchen)
3. Team formation & recipe review (classroom)

10:30 am

Morning Break with Snacks Provided (Transfer to kitchen by 10:45 am)

10:45 am – 12:45 am

COOK TIME *FEATURE RECIPES*

- Team 1:** Cajun-Glazed Meatballs, Cherry-Lime Smoothie Bowl
- Team 2:** Blueberry and Chicken Salad Wrap, Cuban-inspired Black Beans, Romaine Salad with School Made Ranch and Honey Mustard
- Team 3:** Korean Beef Bowl, Whole Grain Rich Focaccia Bread
- Team 4:** Chicken Enchilada Bake, Sweet Potato Souffle (reduced sugar)
- Team 5:** Cuban Sandwich, Roasted Root Vegetables
- Team 6:** Vegetarian Bean Chili Topped Potato, Applesauce Bread (reduced sugar)

AFTERNOON AGENDA



12:45 pm – 3:00 pm

12:45 am – 1:30 pm

LUNCH

1:30 pm – 2:00 pm

**Kitchen Cleanup, Recipe Sharing
& Chef feedback**

2:00 pm – 2:40 pm

**Weight versus Measure Practice
Activity (Kitchen)**

2:40 pm – 3:00 pm

Recap, Evaluation

3:00 pm

Adjourn

