



# TRAINING OUTLINE

**COURSE TITLE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **INSTRUCTOR:** \_\_\_\_\_

**LOCATION:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **COMPANY:** \_\_\_\_\_

*Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.*

## SUMMARY OF TRAINING

### 1) Introduction

- a) Standards
- b) Why Training

### 2) Nutrition

- a) Calories
- b) Macronutrients
- c) Fats
- d) Functions of Fat
- e) Types of Fat
- f) Unsaturated Fats
- g) Saturated Fats
- h) Trans Fats
- i) Proteins
- j) Functions
- k) Amino Acids
- l) Essential Amino Acids
- m) Non-Essential Amino Acids
- n) Carbohydrates
- o) Function
- p) Simple Carbs
- q) Complex Carbs
- r) Micronutrients
- s) Vitamins
- t) Vitamins Soluble in Fats
- u) Sources
- v) Vitamins Soluble in Water
- w) Minerals
- x) Function
- y) Major Mineral
- z) Trace Minerals



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aa) Sources

## 3) Food Safety

- a) Clean
- b) Separate
- c) Cook
- d) Chill

## 4) Cooking Safety

- a) Knife Safety
- b) Types of Knives
- c) Utility Knife
- d) Chef's Knife
- e) Paring Knife
- f) Bread Knife/Slicer
- g) Holding a Knife
- h) Regular/Hammer Grip
- i) Blade Grip
- j) Knife Safety
- k) The Claw
- l) Mincing
- m) Appliance Safety
- n) Indoor Appliances
- o) Grills
- p) Checking for Leaks
- q) Grill Safety

## 5) Fire Safety & First Aid

- a) Fire Prevention
- b) Fires
- c) Burns
- d) Cuts

## 6) Illnesses & Allergies

- a) Food Borne Illnesses
- b) Salmonella
- c) Hepatitis A
- d) E. Coli
- e) Allergies

## 7) Conclusion