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Melva Sine at: msine1952@hotmail.com
Let her know how many you need and she will get
the pricing to you.

Food & Nutrition 1

Food Handlers

1. Present the material from the ServSafe Food Handler Guide with your students. This could be a class presentation or a self-guided activity. If you do it self-guided make sure the student's don't write in the guide. You can put a large sticker on the front reminding them not to write in the book. A self-guided worksheet is available for student use.
2. After the students have gone through all the information in the book they need to take the test in the back of the book. It is recommended that you remove the test from the book and then give it to the students with a bubble sheet so you can use the test with multiple students. The answer key for the test is provided in this packet.
3. Grade the tests. Students passing with 70% or better are eligible to receive the certificate in the back of the book. The Utah Restaurant Association is working on creating a new certificate for students. This certificate is not a food handlers permit, it just shows competency in food handling on a national level.
4. If the student chooses to convert the certificate to a Food Handlers Card for your county complete the following steps.
 - a. Complete the excel template available in the Food & Nutrition 1 file cabinet.
 - b. Complete all information for each student requesting a card
 - c. You may use the school address for each student. This means the cards will be sent to you and you can hand them out.
 - d. The organization is SS (stands for Serv Safe).
 - e. The pass date is the date you gave the exam.
 - f. You issue the Certificate Number (Suggestion: If you are at Lone Peak High you issue the number LP1001 and then go from there. Remember where you left off so you can continue from the last number the next time you do this.)
 - g. The Date for Application should be dated 10 days from the date you are sending the template to the Utah Restaurant Association. So if you give the test September 10, 2015 and have listed this as the pass date, you would put September 20, 2015 as the application date.
 - h. You must complete ALL of the information. If it is not complete it will not be processed.
 - Suggestion – create a google form of the template and have your students type in their own information.
 - i. Students must pay \$20.00 for the food handler's permit. Work with your school to determine the best way to handle this. If possible students can give you checks made out to the Utah Restaurant Association and you can

just mail these in. If your school wants to collect the money through the office and then send one check please make sure it can be done quickly.

- Payment must be received by the application date
 - The URA cannot bill or send invoices to the school
 - Students cannot send their own checks to the URA, all checks must be sent by the teacher with the spread sheet.
 - Credit cards can be used for payment. There will be a 3.5% charge to use a credit card. To use a card you must send the URA (either in the e-mail with the template or with the hard copy you mail) the Name on the Card, the Card number, Expiration Date, Security Code and Zip Code for the card.
- k. E-mail the template to info@utahdineout.com
- l. Mail the check(s) and a hard copy of the template to:
Utah Restaurant Association
5645 South Waterbury Way
Suite D203
Salt Lake City, UT 84121

Deadlines – Templates and money must be received at the Utah Restaurant Association by the following dates or they will not be processed:

1st Semester: October 1

2nd Semester: February 15

1st Trimester: October 1

2nd Trimester: December 15

3rd Trimester: April 1

Questions: Bcox@alpinedistrict.org

Test Key

1. D
2. C
3. A
4. B
5. B
6. B
7. C
8. C
9. D
10. A
11. A
12. A
13. D
14. C
15. D
16. C
17. C
18. C
19. B
20. D
21. D

22. D
23. D
24. A
25. B
26. C * you may want to review this with
your kids before testing
27. B
28. D
29. B
30. D
31. C
32. A
33. B
34. D
35. B
36. C
37. D
38. C
39. C
40. D

Utah County Food Handlers Permit

Fill out the following information and attach a check for \$20.00 made out to the Utah Restaurant Association. Return to Becky by September 20.

First Name
Middle Initial
Last Name

Address
City
County
State: Utah
Zip code
Date of Birth
Gender
Home Phone
Work Phone

Performance Objectives 5-8

PERFORMANCE OBJECTIVE 5

Actively participate in the preparation of a complex carbohydrate food from scratch.
Compare the nutritional content and cost of a comparable convenience food vs. the complex carbohydrate food from scratch.

Example

Muffins from scratch compared to a box mix or store bought muffins
Homemade pasta compared to store bought pasta
Pancakes made from scratch compared to a box mix

PERFORMANCE OBJECTIVE 6

Actively participate in the preparation of a complete and/or complimentary protein food from scratch. Compare the nutritional content and cost of a comparable convenience food vs. the complete and/or complimentary food from scratch.

Example

Chicken Roll-ups – use rotisserie chicken or canned chicken in place of raw chicken that must be cooked.
Macaroni and cheese from scratch compared to a box mac and cheese

PERFORMANCE OBJECTIVE 7

Actively participate in the preparation of a low-fat food. Compare the nutritional content and cost of a comparable high-fat food vs. the low-fat food.

Example

Regular brownies compared to low fat brownies
Chicken Roll-ups – use low fat croissant rolls and Neufchatel cheese in place of cream cheese

PERFORMANCE OBJECTIVE 8

Actively participate in the preparation of a canned/frozen and/or fresh produce food. Compare the nutritional content and cost of a comparable canned/frozen vs. fresh produce food.

Example

Stir fry comparing fresh vegetable to frozen vegetables
Apple Sauce from scratch compared to store bought apple sauce
Compare canned, fresh and frozen green beans – let kids sample each and compare taste and texture



Nutritional Content and Cost Comparison

Circle which lab:

Complex Carbohydrate

Protein

Produce

Food Item Made From Scratch	
Nutrient	Calories
Carbohydrate ____ grams x4	
Protein ____ grams x 4	
Lipids ____ grams x 9	
Total Calories	

Convenience Food Item	
Nutrient	Calories
Carbohydrate ____ grams x4	
Protein ____ grams x 4	
Lipids ____ grams x 9	
Total Calories	

Nutrient	% Daily Value
Calcium	
Iron	
Sodium	
Vitamin A	
Vitamin C	

Nutrient	% Daily Value
Calcium	
Iron	
Sodium	
Vitamin A	
Vitamin C	

Yield: _____

Ingredient for Scratch	Cost
Total Cost	
Cost Per Serving	

Yield: _____

Convenience Food	Cost
Total Cost	
Cost Per Serving	

From the information above what can you conclude in regards to your food choices? (Write a minimum of 5 sentences.)

Period:_____

2014 version

Page 1-2 1 A B C D 2 A B C D 3 A B C D 4 A B C D	Page 4-7 1 2 3 4 5 6
Page 2-4 1 A B C D 2 A B C D E F 3 A B C D E F G H	Page 4-8 1 A B C D
Page 2-5 1 A B	Page 4-13 1 A B C D 2 A B C D 3 A B C D 4 A B C D
Page 2-7 1 A B C D 2 A B C D	Page 5-5 1 A B 2 A B C D E 3 A B C D 4 A B C D 5 A B C D
Page 2-8 A B C D E F G H	Page 5-9 1 A B C D 2 A B C D E 3 A B C D
Page 2-10 Watch for Trouble A B C D Report that Illness A B C D E F	Page 5-10 That's Just Garbage A B
Page 3-3 Which food needs control? 1 2 3 4 5 6 7 8 9 1 A B C D 2 A B C D 3 A B C D 4 A B C D	Page 5-11 Pest Danger A B C D
Page 3-7 1 A B 2 A B 3 A B 4 A B Does it Stay or Does it go? A B C D E F	Now go to page A1 & A2 and correct your answers. When complete take the test. Use a scan sheet to record your answers.
Page 3-11 1 A B 4 A B 2 A B 5 A B 3 A B 6 A B	
DO NOT WRITE ON THE TEST!!	

**DO NOT WRITE ON
THE TEST!!**

Names: _____

Period _____ Kitchen # _____

Regular Brownies & Low-Fat Brownies

Brownies- Regular

3/4 c. flour
1/2 c. sugar
1/4 c. + 2 tbsp. unsweetened cocoa
1/2 tsp. baking powder
1/2 tsp. salt
2 tbsp. milk
1/4 c. corn syrup
1 whole egg
1/4 c. canola oil
1/2 tsp. vanilla

Brownies-Low Fat

3/4 c. flour
1/2 c. sugar
1/4 c. + 2 tbsp. unsweetened cocoa
1/2 tsp. baking powder
1/2 tsp. salt
2 tbsp. skim milk
1/4 c. corn syrup
2 egg whites
1/4 c. apple sauce
1/2 tsp. vanilla

Spray mini muffin tins with non-stick cooking spray. Preheat oven to 350 degrees. In a mixing bowl combine flour, sugar, cocoa, baking powder and salt. Mix thoroughly. Combine oil (or applesauce), milk, corn syrup, egg, (or egg whites) and vanilla. Stir liquid ingredients into dry ingredients. Bake for 15 minutes until center is set but soft, and edges are firm. Makes 1 1/2 doz.

Regular Brownie	
Nutrient	Calories
Carbohydrate ____ grams x4	
Protein ____ grams x 4	
Lipids ____ grams x 9	
Total Calories	

Low Fat Brownie	
Nutrient	Calories
Carbohydrate ____ grams x4	
Protein ____ grams x 4	
Lipids ____ grams x 9	
Total Calories	

Nutrient	% Daily Value
Calcium	
Iron	
Sodium	
Vitamin A	
Vitamin C	

Nutrient	% Daily Value
Calcium	
Iron	
Sodium	
Vitamin A	
Vitamin C	

Yield: _____

Regular Brownie	Cost
Flour	
Sugar	
Cocoa	
Milk	
Corn Syrup	
Egg	
Canola Oil	
Total Cost	
Cost Per Serving	

Yield: _____

Low Fat Brownie	Cost
Flour	
Sugar	
Cocoa	
Skim Milk	
Corn Syrup	
Eggs	
Apple Sauce	
Total Cost	
Cost Per Serving	

From the information above what can you conclude in regards to your food choices? (Write a minimum of 5 sentences.)

Have your group take a vote on their favorite brownie: Regular_____ Low Fat _____