



Prepare Standardized Recipes for Food Production



Key Points

- It is important to be able to create and use standardized recipes.
- A standardized recipe is an essential tool in controlling costs in foodservice.
- A standardized recipe manages and controls many aspects of the foodservice operation.



Resources

- Textbook Chapter 3
- ANFP Practice Standards Determining Menu Prices <https://www.cbdmonline.org/cdm-resources/practice-standards/competency-area-2-foodservice/determining-menu-item-prices>
- ANFP Focus on Formulas Drain Weight <https://videos.anfponline.org/drain-weight>
- ANFP Focus on Formulas Recipe Cost <https://videos.anfponline.org/recipe-cost>
- ANFP Focus on Formulas Edible Yield Factor <https://videos.anfponline.org/edible-yield-factor>
- ANFP Focus on Formulas Scaling a Recipe <https://videos.anfponline.org/scaling-a-recipe>
- Food for Fifty, Molt, Mary, Pearson Education, Inc.
- Chapter 3 PowerPoint presentation (YouTube) <https://youtu.be/dpZEtngO2Ms>
- Chapter 3 Lesson Review Questions

Additional Resources

Nutricopia Dietetic Services Policy and Procedure Manual
Nutricopia Diet Manual

Learning Objectives

- a) Identify the different elements of a standardized recipe
- b) Calculate menus, recipes, diet census, tally sheets, and cafeteria needs to develop requisitions
- c) Compute proper portions using appropriate food charts/references
- d) Identify ways of calculating costs and nutrition content and a standard recipe
- e) Define the steps in developing a standardized recipe
- f) Evaluate client acceptance of new recipes

Learning Activities

- 1) READ Chapter 3
- 2) REVIEW the resources for Chapter 3 ____
- 3) COMPLETE Worksheet 3. _____

Assessment Activities – Submit to Online Dietitian Preceptor (using correct format with all the required information – see assignment completion instructions)

- 1) SUBMIT Worksheet 3; it is 100% complete and correct. _____
- 2) COMPLETE and SUBMIT the online Lesson Review Quiz. _____

Refer to Assignment Completion Instructions for details on how to submit your work to your preceptor