



## Essentials for School Nutrition: Nutritional Quality and Meal Pattern Module

### Practice Activity Lesson 6: Standardized Recipes

1. The edible portion can be calculated from the as purchased for of an ingredient using information found in which of the following?
  - a. USDA Whole Grain Resource
  - b. USDA Food Buying Guide for Child Nutrition Programs
  - c. USDA Recipes for Schools
  - d. Air
2. True or False: When adjusting the quantity of a recipe it is always ok to jump from a small yield (number of servings) to a large yield?
3. The standardized recipe you used for taco casserole, says it yields 500 servings. However, at meal service today, you only got 430 servings. What might be an explanation?
  - a. The wrong quantity of an ingredient was used
  - b. The server gave out servings that were too large
  - c. The standardized recipe contains the wrong amount of ingredient
  - d. All of the above
4. True or False: A standardized recipe must list HACCP steps?
5. Which of the following serving utensils do not yield reliable portions?
  - a. Spoodles
  - b. Scoops
  - c. Ladles
  - d. Spoons
6. Why are standardized recipes so important?
  - a. The recipe will provide consistent nutrition from portion to portion
  - b. Staff will be more efficient
  - c. Less food is wasted
  - d. All of the above

## **Answer Key Lesson 6: Standardized Recipes**

1. Answer B
2. Answer FALSE. Some ingredients don't scale easily, such as spices. When adjusting the quantity of a recipe, it is recommended to increase the number of portions gradually, such as by 50 servings each time, and to test the recipe with the new ingredient sizes.
3. Answer D
4. Answer FALSE. However, it is a good practice to include HACCP steps and Critical Control Points in a written standardized recipe.
5. Answer D
6. Answer D

## **Additional Resources**

[Benefits of Standardized Recipes Handout](#) – USDA

[USDA Recipes for Schools](#)

[Standardized Recipe Online Lesson](#) – Michigan State

[Scratch Cooking Recipe Book](#) – Washington State

[Identifying the Parts of a USDA Quantity Recipe](#), No Time to Train Lesson, Institute for Child Nutrition