



Name

Portion Control

Portion Control

What is the purpose of Portion Control?

- **Quality Control**
- **Quantity Control**
- **Specification of Foods**- FIFO, Temperatures, Equipment working well, 16 inches ceiling/sprinkler heads, 6 inches off floor

Quality Portion Control:

- **Standardized Recipes**- Yield/Portion/Uniform Portions, Preparation, Cooking Time, Prevent Waste/Spoilage- label, date, cover, rotation of stock, Bent/Damaged Cans
- Diets as prescribed
- Consistency each time served- customer satisfaction
- Financial Goals met, Cost Control, Budget, Meal Census

Portion Control Tools:

- Scoops, Ladles, Recipes, Meat Scales, Portion Scales, Buying Portions, Pan Sizes/Yield, Measurements, Equipment
- Proper Storage
- Planning and Implementation

What can I do?

- Make sure Eyeballing is not used
 - Inaccurate
 - Confusion
 - Waste, shortage
 - Special diets
- Stability of Staff- Well Trained Employees
- Sanitation Score
- Methods of Cooking, Defrosting, Hand washing

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Why Portion Control?

- **Adequate Nutrition**- Diabetic, Renal, Geriatric, Child
- **Decreases Plate Waste**- Taste, Texture, Temperature,
 - Satisfaction- same amount, recipe, ordering, cost

Can Sizes:

- **No. 303**- 2 cups- 4 servings- Ready to Serve Soups, Fruits, Vegetables, some Meats
- **No. 3**- 5 3/4 oz. - 10-12 servings- Fruit and Vegetable Juices, Institutional Soup Size
- **No. 10**- 12-13 cups- 25 servings- Institutional Fruits, Vegetables, other foods

Substitution Cans:

- **1 # 10 can** = 7 # 303 cans
- **1 # 10 can** = 2 # 3 cans

Common Servings Sizes:

- **1 Juice** = 4 oz. or 1/2 cup Juice, 1/2 cup canned fruits, 1 Apple, Peach, Pear, 3/4 cup Berries, 1 cup Melon, 1/2 Banana, Grapefruit
- **1 Meat** = 1 Scrambled Egg or 1 oz. of Meat, 4 oz. = 4 Meats
- **1 Bread/Starch**= 1 Cereal, Dry = 3/4 cup or 1 oz., 1/2 cup Grits or Oatmeal, 1/2 Bagel or English Muffin
- **1 Fat** = 1 t. or 1 Pat Margarine/Butter or 1 slice Bacon or 1 t. Canola or Olive Oil, 1 1/2 T. Salad Dressing, 10 Almonds, 6 Cashews, 2 T. Coconut
- **1 Milk** = 1 cup Whole, 2%, Skim or Buttermilk, 3/4 cup plain nonfat Yogurt, 1/2 cup Evaporated Whole Milk
- **1 Vegetable** = 1/2 cup
- **1 Starch** = 1 slice Bread (WW best), 1/2 c. potatoes with skin, 1/3 c. Rice

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What are the correct Food Temperatures for Serving/Palatable?

- Hot Liquids- 185 degrees - 140 degrees
- Hot Soups- 180 degrees - 140 degrees
- Hot Cereals- 175 degrees - 140 degrees
- Meats- 180 degrees- 140 degrees
- Eggs- 165 degrees- 140 degrees
- Vegetables- 160-170 degrees- 140 degrees
- Cold Liquids- 32-36 degrees- < 41 degrees

How can I keep food at Correct Temperature?

- Correct Temperature- at the beginning of serving
- Equipment- during service to ensure heat retention
 - Good or poor condition
- Proper Delivery- in a timely manner
- Holding Period- quality, quantity
- Safety- Equipment, Employees
- Sanitation- hygiene, food purchasing/delivery/storage

Portion Control Tools:

- Employees- Heavy or Light Handed
- Person giving food to another, asking for food

Debatable:

- Gloves or NO GLOVES
- Tongs or NO TONGS
- Alcohol for thermometer or not
- Antibacterial soap or not

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Size of Scoops

<u>Size & Pound/ Quart</u>	<u>Measure</u>	<u>App. Fluid Weight</u>	<u>Common Use</u>
100	2 tsp.	¼ oz.	Cookies, cream puff (small)
60	1 T.	½ oz.	Cookies
50	1 1/3 T.	2/3 oz.	Cookies
40	5 tsp.	2/5 oz.	Cookies, Toppings, Salad Dressing
30	1/3 c. (2T.)	1 oz.	Sandwich Fillings, Salads, Sauces, Cookies, Toppings
24	1/6 c. (8 tsp.)	1 1/3 oz.	Frozen Eggs, Cream Puff
20	1/5 c. (10 tsp)	10 oz.	Croquettes, Fritters, Pudding, Sauces, Cookies, Muffins, Drop Biscuits, Rolls, Cupcakes, Ice Cream, etc.
16	¼ c. (4 T.)	2 ½ oz.	Meatballs, Croquettes, Fritters, Entrees, Muffins, Desserts, Sandwich Fillings, Salads, Vegetables, Ice Cream, Rolls, etc.
12	14 tsp. (4 2/3 T.)	2 2/3 oz.	Entrees, Salads, Vegetables, Croquettes, Fish cakes, Desserts, Muffins, etc.
10	6 ½ T.	3 ¼ oz.	Meat Patties,

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			Cereals, Ground Meat, Vegetables, Croquettes
8	8 T.	4 oz.	Meat Patties, Casseroles, Potatoes, Starches, Desserts, Vegetables
6	12 T.	6 oz.	Main Dish Salads, Creamed or Scalloped Dishes, Stews, Spanish Rice, Macaroni & Cheese, Casseroles
1 oz. Ladle	2 T.	1 oz.	Sauces, Relishes
2 oz. Ladle	4 T.	2 oz.	Gravies, Sauces
4 oz. Ladle	8 T.	4 oz.	Creamed Dishes, Vegetables
6 oz. Ladle	12 T.	6 oz.	Stews, Baked Dishes, Chili, Creamed Dishes, Vegetables, etc.

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Scoop Sizes

<u>Size</u>	<u>Capacity</u>	<u>Color</u>	<u>Use</u>
6	5 1/3 oz.	White	Casseroles
8	4 oz.	Gray	Salads, Vegetables, Starches, Desserts
10	3 ¼ oz	Ivory	Meat Patties, Croquettes
12	2 2/3 oz.	Green	Muffins, Salads
16	2 oz.	Dark Blue	Gravies, Sauces
20	1 5/8 oz.	Yellow	Salad Dressings
24	1 1/3 oz.	Red	Toppings
30	1 oz.	Black	Cookies
40	¾ oz.	Orchid	Gravies, Sauces

Spoodles: Solid & Perforated

<u>Capacity</u>	<u>Color</u>	<u>Use</u>
2 oz..	Blue	Gravies, Sauces
3 oz.	Ivory	Meats
4 oz	Gray	Vegetables, Desserts
6 oz.	Teal	Meat Casseroles
8 oz.	Orange	Double Portions

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Quiz:

(True or False)

1. Portion control is training of all employees with an understanding of quality and quantity.
2. Portion control is used to prevent waste and to meet your budget and financial goals.
3. A common serving size for milk is 1 ½ c.
4. A 10 scoop is hold 8 T.
5. Methods of cooking do not deal with portion control.
6. A 1 oz. ladle is used for sauces or relishes.
7. A #10 scoop is ivory.
8. An oz. spoodle is for single portions..
9. Following Menus is an example of Portion Control.
10. Equipment can distort portion control.
11. Discuss what you think portion control is:

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Answers:

(True or False)

1. True
2. True
3. False
4. False
5. False
6. True
7. True
8. False
9. True
10. False

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Education Record for Dietary Department

Date: _____ Time: _____ Instructor: _____

Title: Portion Control

Persons in Attendance-sign below- all employees***

A synopsis of the in-service includes:

- Importance of portion control**
- Standardized recipes**
- Can Sizes**
- Serving Sizes**
- Scoops & ladles measurements**

Signatures:

- | | |
|-----------|-----------|
| 1: _____ | 11. _____ |
| 2: _____ | 12. _____ |
| 3: _____ | 13. _____ |
| 4: _____ | 14. _____ |
| 5: _____ | 15. _____ |
| 6: _____ | 16. _____ |
| 7: _____ | 17. _____ |
| 8: _____ | 18. _____ |
| 9: _____ | 19. _____ |
| 10: _____ | 20. _____ |

Responses and Comments:

CERTIFICATE

1 HOUR ON -PORTION CONTROL

CERTIFICATE FOR: _____

DATE: _____

TITLE: PORTION CONTROL

BY: FOOD FITNESS FIRST, INC. TM

SIGNATURE: _____

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