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THE SCHOOL DISTRICT OF MANATEE COUNTY FEATURES A STUDENT AND A CAREER &amp; TECHNICAL EDUCATION TEACHER

Newspaper in  
 Education Presents  
**Inquizi**  
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SCHOOL  
Biz

## Culinary Battle Plans

Manatee Technical Institute's (MTI) Culinary Arts kitchens are a kaleidoscope of color, sound, smells, and action. Stainless steel ovens gleam. The rich enticing aroma of roasting beef tenderloin wafts through the air. Students diligently pound, chop, peel, and roll various ingredients. The "battle plan," or plan of action, is in place and at the head of the charge is Chef Garry Colpitts, unmistakable in his tall white chef's hat.

Chef Garry has been teaching at MTI for nine years and runs the Culinary Arts program like a business. He teaches that communication, time management, and the ability to prioritize and organize are necessary components of an effective battle plan. Employees—a.k.a. students—need good knife skills and a good attitude.

MTI's Culinary Arts Program is accredited by the American Culinary Federation (ACF) and emphasizes nutrition, sanitation, and supervisory management. The fast-paced program is 85% practical and 15% theory. Employees research, write, and modify recipes. Cost analysis is just as important as presentation and taste. Upon completion, students are prepared as professional cooks and are ready to test for ACF certification.

KIDZ  
Biz  
& Buzz

## How Sweet It Is

Diana Flores is taking the joy of being creative in the kitchen and turning it into her career. She has spent years in the kitchen learning the art of cake making and decorating from her mom. The process is fun—and oh so sweet—and has set Diana on an advanced course towards her future.

Diana is a senior enrolled in the 2+2+2 program. Her days alternate between Bayshore High School (BHS), where she is earning her high school diploma, and Manatee Technical Institute (MTI), where she is enrolled in the Culinary Arts program and earning college credits. This every-other-day dual enrollment program allows Diana to graduate from her high school while earning college credits that can be transferred to Manatee Community College. These credits can then be applied towards an associate's degree in Industrial Arts. Upon completion of her associate's degree, Diana plans to attend USF-Sarasota where she will invest two years of study and earn a bachelor's degree in Hotel and Restaurant Management.

Fast tracking education in the 2+2+2 program is a win-win for Diana—and the pursuit of sweet success!



## InnoVators

Keeping  
Food Clean  
and Safe

**Y**ou walk into a restaurant and hear a crunch under your foot. It's a cockroach—or was—and you turn around and leave before the hostess can ask, "How many?"

"None," you would've said. Later you tell all of your friends to avoid that place.

Restaurant sanitation is a big deal; one pest problem or food-poisoning episode can close down an establishment. The Food and Drug Administration has strict rules and makes constant inspections of kitchens around the country, and these regulations help protect people from illness and keep restaurant owners from getting sued.

Since such precautions are taken in public places where people make food for strangers, how much more should you be careful in your home kitchen where you cook for those you love? Here are some kitchen sanitation tips to remember as you're cooking for the upcoming holidays:

- **Wash your hands.** Use hot water and soap, and scrub in-between your fingers and under your nails as much as possible.
- **"If in doubt, throw it out."** Check food that has been in the fridge for a while for discoloration or offensive odors before consuming.
- **Avoid raw meat contamination.** Be careful not to use the same cutting board for raw meat and then other foods, like vegetables, that will be eaten raw. Clean countertops and sinks thoroughly after they've been in contact with raw meat or eggs.
- **Meat thawing safety.** To prevent the spread of harmful bacteria, frozen meats should be thawed in a refrigerator set below 40 degrees Fahrenheit. Don't thaw your turkey on the counter or sink!
- **Refrigerate immediately.** Don't leave food out for more than two hours. Hot foods can be refrigerated immediately—no need to let them cool on the counter first.

Here are a few lunch box safety tips:

- **Start clean.** Wipe out your lunch box with warm/soapy water each day so old food crumbs won't harbor bacteria.
- **Eat clean.** If you don't take time to wash hands at school before eating, pack and use hand sanitizer or wet wipes.
- **Stay cool.** Since perishable food should not be left out more than two hours, use an insulated lunch box with a reusable ice pack to keep things cold.

DISCOVER  
the  
Future

**Regional Careers:** Here are examples of related occupations and current wages in the Suncoast Workforce Region.

Occupational Title	Entry Level	Experienced
Minimum wage	\$ 6.79	--
Chefs and Head Cooks	\$17.18	\$26.10
Cooks, Institution and Cafeteria	\$9.75	\$13.77
Cooks, Restaurant	\$11.94	\$16.22
First-Line Supervisors/Managers of Food Preparation	\$11.06	\$19.34
Food Preparation and Serving Related Workers	\$9.39	\$16.14
Food Service Managers	\$14.82	\$31.31

**Source:** <http://fred.labormarketinfo.com> FL Labor Market Statistics, Occupational Employment Statistics & Wages Program

**Career Pathway:** Students desiring a career in any of these areas can find related educational programs at these schools\*:

*Southeast High School  
 Manatee Technical Institute  
 Manatee Community College  
 University of South Florida*

\*Other Manatee schools may offer similar programs. Listed schools are related to today's issue.

WEB  
Wise

Check out the following websites:

[www.homefoodsafety.org](http://www.homefoodsafety.org)  
[www.fightbac.org](http://www.fightbac.org)  
[www.manateetechnicalinstitute.org/CulinaryArts/index.html](http://www.manateetechnicalinstitute.org/CulinaryArts/index.html)  
[www.skillsusa.org](http://www.skillsusa.org)

Explore  
IT

## Design a Home Food Safety Chart

You will need:

- Computer with internet access
- Card stock (heavy) paper or poster board
- Grocery store advertisements (newspaper, mail, or from the store)
- Glue, scissors, and markers

1. Visit <http://www.homefoodsafety.org> and click the link called "Home Food Safety Tips."
2. Read up on the many home food safety tips.
3. Choose the tips and rules that your household **does not** follow.
4. Using the heavy paper or poster board, write out the tips as neatly as possible.
5. Cut out pictures of foods that relate to the tips you've written. You might select meats, vegetables, canned goods, hand soap, etc.
6. Glue the pictures to the poster to illustrate your family's needed food safety tips.
7. Hang your tip chart on a kitchen cabinet or use a magnet to display it on the refrigerator.



*InquiziKidz page is published every Wednesday in Bradenton Herald. Provided by Newspaper in Education, Christine Fritch (941) 748-0411 ext. 5464, cfritch@bradenton.com Julie Beacham-Hoote, Page Editor.*