

MRCA / MNS MENU PLANNING & FOOD PREPARATION WORKSHOP

LIBRARY, KELVIN HIGH SCHOOL, 155 KINGSWAY
FEBRUARY 28, 2001

AGENDA

INTRODUCTION AND HOUSEKEEPING	Julia Schoen
BASIC PRINCIPLES OF MENU PLANNING	Paul Krilyk
COUNTING CALORIES	Ray Ingalls
FOOD TYPES	
Store-bought Foods	Ray Burns
Dehydrated Foods	Paul Krilyk
Freeze-dried Foods	Maggie Hardt
REFRESHMENT BREAK	
KITCHEN EQUIPMENT	
General Field Kitchen Equipment	Maggie Hardt
Reflector Oven Cooking	Ray Ingalls
Stoves & Backpacker Oven	Donna Kurt
Water Purification	Julie Gold
PANEL DISCUSSION	
Kitchen Ethics	Ray Burns
Questions	
Closing Comments from Presenters	
MENU PLANNING REVISITED	Paul Krilyk
CLOSING REMARKS	Julia Schoen

NOTE: No food or beverages allowed in the school library
Everyone must be out of the school building by 10:00 p.m.