



National Food Service Management Institute  
The University of Mississippi



## Fruits Go Back to School

### Post-Viewing Discussion Guide

After viewing *Cooks for Kids: Fruits Go Back to School* participants will be able to:

1. Apply techniques used by culinary professionals to produce high quality, fruit-based menu items that are flavorful, nutritious, and appealing.
2. Demonstrate healthful cooking techniques in preparing fruit-based dishes that are flavorful, nutritious, and appealing.
3. Demonstrate tactics to be used by school nutrition personnel in incorporating fruits as part of healthy school meals.
4. Demonstrate tactics to be used by parents in linking healthy eating practices learned in the cafeteria and classroom to the home.

#### Discussion Questions:

1. What techniques used by the chef to enhance flavors could you use to make foods more appealing to students?

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2. What are some ways that you could use fruit sauces in breakfast and lunch?

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3. How can we incorporate seasonal foods into our school menu?

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4. What fruits are in season right now in our region?

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5. What are the benefits to our students by serving more fruit-based dishes on the menu?

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6. What are different ways we can use fruit in the menu items of the school lunch and breakfast programs?

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7. How could you use the snack items demonstrated on the video for healthy snacks in the school meal programs?

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8. How would our students and our communities benefit from implementing a farm to school program?

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