

Institute of Child Nutrition
CKO-157128

Approved **FREE** Trainings
Core of Knowledge Area – Health, Safety, Nutrition

Website - <https://theicn.docebosaas.com/learn/signin>

Title	Course Description	Target Audience	Course ID	HSN/Hours
CACFP Child and Adult Meal Pattern Requirements	This course features the updated meal pattern requirements for child and adult meals.	Child Care Centers, Family Child Care, State Agency, Sponsoring Organizations	IO-11232018-01	4
CACFP Infant Meal Pattern Requirements	This course features the updated meal pattern requirements for infant meals.	Child Care Centers, Family Child Care, State Agency, Sponsoring Organizations	IO-11232018-02	4
CARE Connection - Planning Cycle Menus in Child Care	This course is designed to provide the end user with key practices for planning cycle menus for child care settings.	Child Care Providers	IO-11232018-03	2
CARE Connection - Serving Nutritious Foods in Child Care	This course features key information for serving nutritious foods while in child care settings.	Child Care Providers	IO-11232018-04	2
CARE Connection - Step-by-step Menu Planning in Child Care	The Step-by-Step Menu Planning for Child Care online course is based on the Grab and Go Lesson: Step-by-Step Menu Planning from the CARE Connection resource for child care providers. Menu planning is an essential task child care providers can adopt to ensure children receive healthful meals that look and taste great.	Child Care Providers	IO-11232018-05	4
Coaching	The purpose of this course is to enhance an individual's ability to actively engage participants in improved learning and improved job performance.	School Nutrition Managers and Directors, Child Care Centers	IO-11232018-06	3
CT2 - Preparing Fruits, Vegetables, & Salads	This course teaches culinary principles and techniques for preparing quality fruits, vegetables, and salads.	School Nutrition Staff/Employees, Managers, and Directors	IO-11232018-07	6

CT3 - Preparing Entree Items	This course teaches culinary principles and techniques for preparing meats, poultry, fish, sandwiches, dry beans and peas, and pasta, rice, and grains.	School Nutrition Staff/Employees, Managers, and Directors	IO-11232018-08	8
CT4 - Preparing Soups, Eggs, Dairy & Sauces	This course teaches culinary principles and techniques for preparing quality soups, eggs, dairy, and sauces.	School Nutrition Staff/Employees, Managers, and Directors	IO-11232018-09	8
CT5 - Preparing Breads & Baked Goods	This course teaches culinary principles and techniques for preparing quick breads, yeast breads, cakes, cookies, and pastry.	School Nutrition Staff/Employees, Managers, and Directors	IO-11232018-10	6
CT6 - Using Seasonings	This course teaches how to select and use seasonings to build flavors in meals and to taste test new recipes with students.	School Nutrition Staff/Employees, Managers, and Directors	IO-11232018-11	4
Evaluating School Wellness Activities	The online course Evaluating School Wellness Activities consists of five lessons. The course focuses on the important role of evaluation in school wellness policies. It is designed to provide school nutrition directors with a better understanding of evaluation concepts and tools to assist in creating healthier school environments for children.	School Nutrition Directors	IO-11232018-12	2
Family Child Care FUNDamentals	The Family Child Care FUNDamentals online course is based on the face-to-face training, Family Child Care FUNDamentals. It is designed to provide information regarding best practices for meeting the nutritional needs of young children. The course also focuses on creating environments that promote the development of healthy eating habits at an early age.	Family Child Care	IO-11232018-13	7
Food Safety in Child Care	Food Safety in Child Care is based on the four principles of the Fight BAC® program: Clean, Separate, Cook, and Cool. Developed specifically for child care providers in the CACFP environment, it provides four hours of face-to-face food safety training for foodservice employees in child care.	Child Care Centers, Family Child Care	IO-11232018-14	4