

Lesson 3 — Working with ingredients

Lesson objectives

During this lesson, you will learn how to:

- View the Ingredients file alphabetically or by ingredient class
- Add your own ingredients to the Ingredients file
- Change information about ingredients
- Simplify the ingredients list by deactivating ingredients you don't use
- Copy brand-name ingredients to the Ingredients file

Overview

Nutrikids includes a file of more than 1,800 USDA food ingredients and their nutritional values. Examples of ingredients are eggs, milk, flour, ground beef, tuna fish, bread, and apples. Prepared products you purchase, such as canned soup, pizza, corn dogs, and chicken nuggets, are considered ingredients (not recipes) in Nutrikids.

Ingredients are grouped into classes. For example:

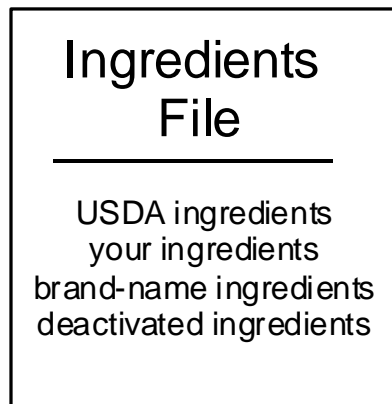
| Ingredient class ... | Includes ... |
|----------------------|---|
| SPICES | allspice, ground baking powder, double-acting, phosphate cinnamon, ground basil, ground etc. |
| DAIRY | butter, w/salt butter, whipped cheese, American, past processed cheese, cottage, 1% fat eggs, whole, fresh & frozen etc. |

The **Ingredients** file stores the following information about ingredients:

- a description of the ingredient, including its classification and how it's measured (cup, tsp, piece)
- purchase information, such as how the item is packaged (case, box, etc), and the number of units in a package
- cost per unit
- nutrient values

In addition to USDA ingredients, you can add your own ingredients to the ingredients file, and you can remove from view (deactivate) ingredients that you don't use. Deactivating ingredients shortens the ingredient list that appears when you enter recipes.

Nutrikids can be packaged with a file of more than 3,200 brand-name products from a wide variety of manufacturers. You can select the brand-name products you normally use and include them in the ingredients file.



Viewing the ingredients file

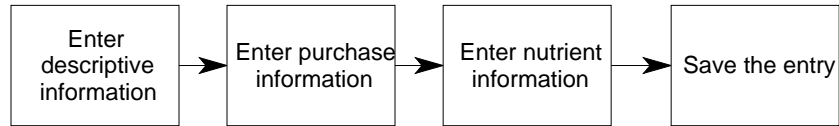
You can view ingredients by classification (dairy, spice, meat, etc.), by ingredient number, or by letter of the alphabet.

Task 1: Viewing the ingredients file by class

| Your action | Results and Notes |
|---|--|
| 1. From the Main Menu, type 4 and press ENTER . | A sub-menu appears allowing you to choose where to send the Ingredients list (to the screen or to the printer). For this task, you'll choose the screen. |
| 2. Type 1 and press ENTER . | To select the screen. A sub-menu appears so you can select an order in which to display the ingredients list. We'll list it by classification. |
| 3. Type 1 and press ENTER . | Selects "By Class," which lists ingredients by classification. |
| 4. Type 6 and press ENTER twice. | Selects the DAIRY class and lists dairy products on the screen. |
| 5. Browse the ingredients list. | Notice that descriptions begin with the ingredient type, such as "cheese." |
| 6. Press the SPACEBAR . | Nutrikids displays the next page of ingredients. Although, you used the spacebar in this step, you can press any key to page forward in the list. |
| 7. Press ESC . | Nutrikids returns to the first sub-menu. |
| 8. Press ESC . | Nutrikids returns to the Main Menu. |

Adding ingredients

The process of adding ingredients to the ingredients file in Nutrikids consists of four parts, as shown in this diagram.



Note: Before adding an ingredient, be sure you have its nutrient information.

Task 5: Adding an ingredient's nutrient information

For this task, assume that you received the following nutrition information from the manufacturer of beef patties.

Base weight in ounces

| NUTRITION FACTS | | |
|--|---------|-------------------|
| SERVING SIZE | 1 PATTY | (2.4 oz) |
| SERVINGS PER CONTAINER | | 80 |
| AMOUNT PER SERVING | | |
| CALORIES | 286 | CALORIES FROM FAT |
| | | % DAILY VALUE |
| TOTAL FAT | 20.8 g | % |
| SATURATED FAT | 8.4 g | % |
| CHOLESTEROL | 87 mg | % |
| SODIUM | 232 mg | % |
| CALCIUM | 11 mg | % |
| TOTAL CARBOHYDRATES | 0 g | % |
| DIETARY FIBER | 0 g | % |
| PROTEIN | 22.9 g | % |
| VITAMIN A | % | VITAMIN C % |
| CALCIUM | % | IRON % |
| * PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET | | |

Before starting this task

Make sure you have entered the ingredient's descriptive and purchase information (as described in Tasks 3 and 4).

| Your action | Results and Notes |
|---|---|
| 1. Type 2.4 for the base weight and press ENTER . | |
| 2. Type O and press ENTER . | <p>To specify the base weight as ounces. (You can enter either grams or ounces for the base weight.)</p> <p>Because all nutrient information is based on a specific amount of the ingredient, <i>it's essential that you enter a base weight in either grams or ounces.</i></p> <hr/> <p>Note: Nutrikids stores the unit of measure internally as grams. If you look at this ingredient later, you'll see the nutrient value in grams.</p> <hr/> |
| 3. Notice the value of 1.000- in the calories field. | <p>Nutrikids automatically fills each field with a value of -1, which it uses to flag a field as not applicable (N/A) throughout the system. All nutrients are N/A until you enter a value to replace the -1.</p> |
| 4. For calories, type 286.0 and press ENTER . | |
| 5. For protein, type 22.9 and press ENTER . | |
| 6. Press ENTER . | To skip over the Vitamin A percentage. |
| 7. Vitamin A (RE), type .94 and press ENTER . | |
| 8. Press ENTER . | |
| 9. For Vitamin A (IU), type 4.7 and press ENTER . | |
| 10. Press ENTER . | To skip over the Vitamin C percentage. |
| 11. Press ENTER to accept a value of -1 for the Vitamin C field. | Vitamin C is not applicable to this ingredient. |
| 12. Enter the remaining nutrients from the following list. | |

Your action

Results and Notes

| Nutrient | Measurement | |
|---------------|-------------|----|
| Iron | 2.4 | mg |
| Calcium | 11.0 | mg |
| Total Fat | 20.8 | G |
| Saturated Fat | 8.4 | G |
| Carbohydrates | 0G | |
| Dietary Fiber | * N/A * | |
| Cholesterol | 87.0 | mg |
| Sodium | 232.0 | mg |
| Water | 0G | |
| Ash | * N/A * | |

13. After typing the last nutrient value, press **ENTER**.

Nutrikids displays the following message:

Correct (Y/N) → Y

14. Check the values you entered.

15. If the entries are correct, press **ENTER**.

Nutrikids saves your entries and returns to the first ingredient screen, (which shows this ingredient's descriptive information).

16. If the entries are *not* correct, type **n** press **ENTER**.

Fix any incorrect values and continue from step 15 above.

Practice exercises

Exercise 1

Add the following ingredient's descriptive, purchase, and nutrient information. For this example, assume that you received the following nutrition information from a manufacturer. You'll need to calculate the base weight using the information the manufacturer gives you.

base weight = .5 x 6

| NUTRITION FACTS | | |
|--|----------|-----------------------|
| SERVING SIZE six .5 oz. nuggets (3.0 oz.) | | |
| SERVINGS PER CONTAINER 320 | | |
| AMOUNT PER SERVING | | |
| CALORIES 210 | | CALORIES FROM FAT 117 |
| | | % DAILY VALUE |
| TOTAL FAT | 12.95 g | 24% |
| SATURATED FAT | 3.25 g | 18% |
| CHOLESTEROL | 44.20 mg | 16% |
| SODIUM | 340 mg | 15% |
| CALCIUM | 28.88 mg | 5% |
| TOTAL CARBOHYDRATES | 10.44 g | 10% |
| DIETARY FIBER | 0.26 g | 0% |
| PROTEIN | 12.83 g | 28% |
| VITAMIN A 0% | | VITAMIN C 4% |
| CALCIUM 2% | | IRON 2% |
| * PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET | | |

Descriptive information:

| Field | Value |
|----------------------|--|
| Description | Breaded Chicken Pattie Nuggets, Fully Cooked |
| Class code | PLTRY |
| Manufacturer | McCarty Foods |
| Product No. | 30539 |
| Measurements: | |
| each | .50 oz. |
| case | 10 lb. |

Purchase information:

| Field | Value |
|--|--------------|
| Purchase Unit Description | 10 lb. case |
| Stock Unit Description | each |
| Stock Units per Purchase Units | 320 |
| Inventory priority | 1 |
| Is this item available as a Commodity? | no |
| Is rounding desirable for this item? | yes |

Nutrient information:

| Nutrient | Measurement |
|-----------------|--------------------|
| Iron | 3.40 mg |
| Calcium | 28.88 mg |
| Total Fat | 12.95 G |
| Saturated Fat | 3.25 G |
| Carbohydrates | 10.44 G |
| Dietary Fiber | .26 G |
| Cholesterol | 44.20 mg |
| Water | 47.13 G |
| Ash | 1.70 G |