

FOOD SERVICE DIETETIC INTERNSHIP

Watauga County Schools Child Nutrition Department

by

XXXXXXXXXX

Foods & Nutrition

Department of Family and Consumer Sciences

Appalachian State University

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FOOD SERVICE DIETETIC INTERNSHIP NARRATIVE

Proposed Experiences

The food service portion of my undergraduate internship will be completed at the Child Nutrition Department, a division of Watauga County Schools that facilitates all aspects of food service to the nine schools in the county. The Child Nutrition Department is located at 175 Pioneer Trail in Boone, North Carolina. All food produced and served in the nine school cafeterias for faculty and students is established in this department. Interning under the Child Nutrition Department Director, Nicole Mayernik, I will gain experience in the nutrition field by partaking in the job related tasks of a nutrition director in a food service establishment. Rather than having a formal orientation, I will be given tasks that will require me to explore new things and challenge myself. However, she will always be available to answer questions or provide direction. During the first week of my internship, I will become familiar with the equipment and storage procedures of the school cafeterias. Week two will focus on preparing portion sizes for the menus. This will be done utilizing the Food Guide Buying Book. Over the course of weeks three and four, the computer program Kid Nutri-Analysis will be used for menu planning, standardizing recipes, and to identify hazard analysis critical control points (HAACP). During weeks five and six, I will assist with the production and analysis of financial reports. This task will entail reviewing the production sheets from the schools, determining meals per hour, and plate costs. Week seven will shift focus to principles of management through the conduction of inspections in the food service sites. Then during weeks eight and nine techniques of food production, distribution, and service will be carried out. The application of proper food safety and sanitation procedures will be exercised during this time. Week nine will challenge me to recall several skills acquired from previous weeks in order to spot check production and service in several of the food service locations. This will be done to ensure that each food service operation maintains the proper procedures on any given day, and not just when a scheduled inspection is in place. During week ten I will help conduct surveys and educate parents about the food services provided to the children. I also plan to shadow/assist Director Mayernik some weeks during her Wednesday visits to the schools.

Relation of Proposed Experiences to Academic Preparation and Background

The extensive knowledge and skills acquired through my food and nutrition courses prepared me to apply what I have learned to practical experience in the undergraduate food service internship. Several classes have pertained to many of the aspects of food service. In Basic Food science, procedures for protection against food born pathogens and proper sanitation were demonstrated and applied. Food Systems Procurement conveyed the intricacy of selecting, ordering, and receiving supplies for an establishment. In Quantity Food Production several principles pertaining to the necessary steps for producing food for large groups of people were acquired. This course involved menu planning, recipe costing/modification, forecasting, and an actual production. Several of the courses taken have utilized computer programs, such as Food Processor, to analyze diet and nutrition. In addition to my experience in the classroom, I have held a job in several restaurant establishments. I held positions as a hostess, a server, and as a food expeditor in the kitchen. Through these jobs I witnessed several of the principles learned in my classes applied to the operations performed within the restaurant.

Relation of Proposed Experiences to Career Goals

After becoming a Registered Dietitian, I plan to work as a clinical dietitian or in nutrition research. One of my goals is to specialize in child nutrition. This internship will provide me with a lot of practice in that area. In the past, I have also considered working with school nutrition programs. This will be a great opportunity to explore this aspect of the field. Additionally, the concrete knowledge obtained in the principles of food service will allow me to uphold a stronger position in addressing issues generated from the food service department within a hospital. The knowledge and hands on experience I will gain from the undergraduate food service internship will be relatable to any of the career possibilities I pursue in nutrition. This experience will fabricate me into a more dynamic employee in any setting.

Proposed Experiences Additional to Classroom Activities

The experience gained from the undergraduate food service internship will be a superior extension to the activities completed in several classes and work experiences. All classroom applications of the learned materials were excellent activities to supplement the text, but real life situations will be far more rewarding. I will be able to witness the effects of my work on the consumers, employees, and the overall establishment. The duration of the internship is also much longer than the activities in the classroom, which will provide me with more insightful encounters. The proposed experiences in the internship will tie everything learned thus far into concrete applications of the principles of food service. Witnessing the incorporation of my work into the food service nutrition program will be a remarkable learning experience that cannot be attained in the classroom. Additionally, this internship will provide me the opportunity to take on roles witnessed in my restaurant jobs from a different angle. Thanks to my classroom activities and experiences I feel confident and prepared to carry over the knowledge attained into a greater context at my food service internship site.

Competencies Achieved

My Internship at the Child Nutrition Department will provide me the opportunity to achieve several of the general internship competencies for Family and Consumer Sciences and specific ones for foods and nutrition majors. In my food service internship I will be communicating a lot. Director Mayernik stressed the fact that effective communication is one of the single most important competencies in this type of work. Consequently, I plan to demonstrate effective communication in every facet of the internship. As I transfer academic theory to the practical job situations and get a feel for my strengths and weaknesses, I expect to receive constructive criticism and in turn respond with effective problem solving. During the internship I will also achieve specific competencies that pertain to my major. With Director Mayernik's guidance, I will learn what it takes to effectively organize and manage a large-scale food service operation. An important responsibility of directing a food service operation entails the assurance of properly running facilities through inspections and spot checks. Secondly, I will learn how to apply techniques of financial management to generate crucial records, such as plate costs, meals per hour, menu costing, and production sheets to ensure quality assurance. Third, I will use a computer program called Kid Nutri-Analysis for data processing and management in dietetics. Fourth, I will apply principles of food production, distribution, and service with the utmost professional behavior while making positive work contributions in the school cafeterias. I will also adhere to all food safety and sanitation practices utilized at the food service locations, such

as wearing a hair net during food production and service. I plan to observe and learn from Director Mayernik's work ethics as she responds to different issues or problems that may arise. During the internship I hope to use my knowledge to aid the establishment in any way possible at achieving the best operating conditions possible. These competences achieved through my food service internship will be very valuable in building a beneficial and fulfilling experience, while contributing greatly to my success in achieving all competencies stated in the undergraduate internship manual.

JOB DESCRIPTION FORM

1. Name of Student Intern: XXXXXXXX

Student ID number: XXXXXXXX

Date of Submission:

Present Address: XXXXXXXXXX

Telephone: XXXXXXXX E-Mail: XXXXXXXXXX

Internship Address: 175 Pioneer Trail Boone, NC 28607

Internship Telephone Number: (828) 264-7194 ext.217

2. Major: Foods and Nutrition

3. Internship Title: Food Service Dietetic Internship

4. Name of Internship Company/Institution: Watauga County Schools Child
Nutrition Department

Mailing Address: 175 Pioneer Trail Boone, NC 28607

Business Telephone: (828) 264-7194 ext.217

5. Internship Field Supervisor: Nicole Mayernik

Mailing Address: same as above

Business Telephone: same as above E-Mail: mayernikn@watauga.k12.nc.us

6. Job Responsibilities and Expected Activities during Internship

(Indicate time frame or week/dates when activities will occur during the internship period.)

- a. View Equipment/Observe Equipment Check/Storage Procedures (Week 1)
- b. Prepare Portion Sizes for Menus (Week 2)
- c. Utilize Food Guide Buying Book (Week 2)
- d. Utilize Computer Program Kid Nutri-Analysis for Standardizing Recipes, Portion Sizing, Identifying HAACP, and Menu Planning (Week 3-4)
- e. Assist with Production of Financial Reports (Week 5-6)
- f. Apply Principle of Management through Conducting Inspections (Week 7)
- g. Apply Principles of Food Production, Distribution and Service (Week 8-9)

- h. Utilizes Food Safety and Sanitation Practices (Week 8-9)
- i. Apply Principles of Organization and Management by Spot Checking Production and Service (Week 9)
- j. Conduct Surveys and Educate Parents (Week 10-10.5)
- k. Shadow/Assist Director Mayernik with School Visits (Week 1-10.5)

7. Internship Period:

Beginning Date: January 11, 2010

Termination Date: March 31, 2010

8. Total Number of Hours Participant Expects to be Assigned or Employed:

100 hours

(400 hours = 6 semester hours credit, minimum requirement)

9. Semester Hours Credit Participant Expects to Receive for Internship: 1.5 hours

(400 hours = 6 semester hours credit, minimum required)

Faculty Advisor:

Approval _____ Date _____

Rejection _____ Date _____

Modifications _____ Date _____

Field Supervisor:

Approval _____ Date _____

Rejection _____ Date _____

Modifications _____ Date _____

Internship Coordinator:

Approval _____ Date _____

Rejection _____ Date _____

Modifications _____ Date _____