EXERCISE #1: SAUCE PORTIONS
You’ll need the following: portioning job aid, spoodle, pizza sauce, pan lid, scale.

STEP 1 REVIEW THE PORTIONING: SAUCES FOR ALL PIZZAS JOB AID WITH THE MANAGER
Manager: Walk the trainee through the job aid, and pass on any saucing tips.

STEP 2 PRACTICE SCOOPING THE PERFECT PORTION
Manager: Put clean pan lid on top of a scale, and tare the scale to zero.
• Demonstrate the difference between a level scoop and a heaping scoop
• Demonstrate how to weigh portion amounts, reuse the sauce, and re-tare the scale
Trainee: Practice weighing the following portions until you can nail it every time!
☐ 4.25 oz. for 12”
☐ 6 oz. for 14”

EXERCISE #2: SAUCING PRACTICE
You’ll need the following: spoodle, cornmeal, pizza sauce, pan lid, 12” and 14” pizza skins.

STEP 1 PRACTICE IN CORNMEAL
Manager: Demonstrate your best saucing techniques in a pile of cornmeal
Trainee:
• Get a feel for the motion by practicing in cornmeal
• Choke-up to the balance point of the spoodle for more control

STEP 2 PRACTICE ON A CLEAN PAN LID
Manager: Demonstrate your best saucing techniques on pan lid
Trainee:
• Practice until you feel comfortable and fast
• Scrape the sauce back into the tub each time
• Don’t worry about exact portions—this is about technique!
• Shoot for no more than 3-4 rotations to get full coverage
• Apply light pressure, and decrease pressure as you get out toward the edge

STEP 3 Practice on real pizzas
Manager: Demonstrate your best saucing techniques on real skins
Trainee:
• Practice until you feel comfortable and fast
• Focus on exact portions and even distribution
EXERCISE #3: CHEESEING WITH AN AUTO CHEESER (IF APPLICABLE)
You'll need the following: portioning job aid, pizza cheese, auto cheeser, several stretched & sauced pizza skins

**STEP 1 REVIEW THE PORTIONING: CHEESE—HAND TOSSED, THIN, PAN JOB AID WITH THE MANAGER**
Manager: Walk the trainee through the job aid, and pass on any cheesing tips.

**STEP 2 PRACTICE USING THE AUTO CHEESER**
Manager: Demonstrate how to use the auto cheeser
  Illustrate how to properly portion topped pizzas, cheese-only and American Legends
  Trainee:
  - Practice using the auto cheeser
  - Make several 12” and 14” pizzas
  - Make at least one cheese-only

EXERCISE #4: CHEESEING BY HAND
You'll need the following: portioning job aid, pizza cheese, scale, pan lid, stretched & sauced pizza skins

**STEP 1 PRACTICE NAILING CHEESE PORTIONS**
Manager: Put clean pan lid on top of a scale, and tare the scale to zero.
  Demonstrate grabbing different cheese portions with both hands and weighing them on the scale.
  - 5 oz. for 12”
  - 7.5 oz. for 12” cheese-only
  - 7 oz. for 14”
  - 10.5 oz. for 14” cheese-only
  Trainee: Practice weighing the following portions until you can nail it every time!
  - 5 oz. for 12”
  - 7.5 oz. for 12” cheese-only
  - 7 oz. for 14”
  - 10.5 oz. for 14” cheese-only

**STEP 2 PRACTICE ON REAL PIZZAS**
Manager: Demonstrate your best cheesing techniques on real skins
  Pass on tips for increasing speed (grabbing the right amount the first time, salt shaker method, moving from the outside-in, etc)
  Trainee: Practice until you feel comfortable and fast
  Focus on exact portions and even distribution

To increase speed and accuracy:
- Start at the top/center
- then hit the outside edge
- then work through the middle