

**Cauvery College for Women (Autonomous)**  
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## **PORTION CONTROL**

### **What is portion control?**

Portion control is a practice that is exercised over the amount and size of food served to the customer in a food service establishment in order to ensure uniformity in cost, calories and nutritional value. Simply it is exercising control over the amount and size of a portion of a food to be served to a customer.

### **Need for portion control in a food service establishment**

From the organization's point of view, portion control does not necessarily mean a smaller portion with the low quality of food, in order to stay within the budget. At the same time, it cannot be a scrapping off of the head of management by giving liberal quantities to keep up the customer's good will. So, Uniform portion based on weight and measure will prevent waste of monetary investments and thus it's a complementary to the caterer.

On the other hand, from a customer's view point, there is a natural tendency for client to pork an eye over the others portion when they are served and if one is thought to be the best. It occurs very commonly because no one likes to receive a smaller portion than the other customers for the same amount of money. Only exact portion control can eliminate this kind of problem. Hence portion control is a basic need of an establishment to achieve better patron satisfaction and financial turn over.

Accuracy in the use of standardized recipe helps in portion control. Portion control of recipes in any establishment especially commercial is very essential to maintain and create satisfaction among the customers. All patrons expect the same size of a product as the other person is getting and the same size of a recipe is not controlled.

### **Purpose of portion control**

Objectives of portion control include

- To ensure fair portions for each customer to maintain goodwill among client.
- To ensure fair portion for fair price.
- To see that the purchases are utilized to the fullest possible without wastage.
- To control waste while preparing dishes.
- To control food cost.
- To obtain the estimated number of servings so as to avoid loss

### **Methods of monitoring portion control**

Portion control must be monitored closely at all the important work spots of an organization. Some measuring yardsticks are to be set and done in time in order to make it more effective.

- Ordering the right quantity and quality and supervising when receiving them.

- While preparing the food in the production area, doing direct (close) supervision.
- Doing close supervision in service area.
- Using correct service equipments (spoons, ladles, cups etc) and good habits of serving.
- Practicing portioning guides. These are charts indicating portion sizes against each item on the menu displayed in the kitchens and at service points, where staff dishing out the food or serving to customers can refer to the standards on the chart, when in doubt.
- Using only standardized recipes.
- Employees should realize their responsibility and role in portion control.
- Proper storage of ingredients to avoid wastage.
- Careful portioning before production.
- Careful portioning after production.

### **Areas to be focussed much for effective portion control**

Portion control must be carried out in various stages of food production. In a food production cycle, all the major steps needs focus and enforced to control the portion size. But majority focus has to be given on two areas called production and service.

### **Portion Control in Preparation**

Portion control actually begins with the measuring of ingredients. If this is not done correctly, then the yield of the recipe will be thrown off. When portions are determined by count—1 burger patty, 2 tomato slices, 1 wedge of pie—then the units must be measured or cut according to instructions: 4 ounces meat per patty; 1/4-inch slices of “5 ×6” tomatoes; 8 equal wedges per pie.

### **Portion Control in Plating and Service**

Portioning for service may be done by the cook, as in a short-order restaurant, or by the service personnel, as in a cafeteria. The following tools and techniques are to be used.

**Weighing:** Weigh ingredients on a portion scale must adopt a standard procedure so that every time the quantity served will always support a fair practice.

- Place the receiving container, if any, on the scale.
- Set the scale so it reads zero.
- Add the item being weighed to the container (or place on the scale, if no container is used) until the scale reads the desired weight.

**Counting** It can be done manually by us. 1 slice of bread per order; 5 pieces of chicken per plate per order. This is accurate if cutting and other prep work have been done correctly.

**Weight.** Example: 4 ounces of sliced ham per order. A portion scale must be at the serving station for this method of portion control.

**Volume.** Ladles, scoops, and kitchen spoons come in standard volume sizes and are used for portioning. The exact size of the ladle or scoop needed for a portion must be determined in advance and indicated on service instructions. Kitchen spoons, either solid or perforated, are not as accurate for portioning but are often used for convenience and speed. So it must be able to judge by eyes how full to fill the spoon (rounded, heaped, etc.). But then and there a spoonful of food must be checked on a portion scale to make sure that there is a constant and consistent supervision on portion size.

**Even division** could be an ideal option to control portion size. For examples: cutting a pie into 8 equal wedges; cutting a pan of pizza 4 ×6 to make 24 equal portions. Square cake into 12 uniform pieces.

**Standard fill** of food product could be done by using Standard-size dishes, cups, or glasses and are filled to a given level, as judged by eye. Example: a glass of orange juice. This is actually a form of volume measure.

All these practices ensure a fair portion to the customers, and that is s the need of an establishment for its growth

### **Executing portion control in an establishment**

It is so important to learn the need for portion control in a food service establishment for a best reputation from the customers. Hence the following areas to be focussed by the food service establishments for effective execution.

- Develop a complete reader's manual on potion control at the various levels of food production with methods and illustrations.
- Make the employees aware of the importance of portion control and customers reputation by appropriate training and demonstrations
- Sufficient training and close supervision is a mandatory for an establishment to control over portion
- Food service managers must realize the effects of proper portion control for the reputation of the establishment.
- Policy must be framed based on the efficient control over the portion at various levels of food service establishments.
- Accepting the customer feedback about the service of the establishment is also important to execute portion control

### **Advantages of effective portion control**

- Using equipments is useful portioning at the point of service, where exact measurements would lead to good customer relations.
- The service is quicker and the quality is better.

- Buying pre portioned items or proportioning before cooking will also encourage fair services
- Although the actual amounts of various nutrients present in different foods vary, the weight or volume of a portion of food served is a fairly good guide to provide nutritional quality.
- All apart portion control also saves time and energy requirements.

### **Effects of irregular or badly administered portion control**

The following will emerge if the portion sizes are not controlled.

- Dissatisfied customers resulting in decrease of business when the portion sizes are small or uneven.
- Food costing will be inaccurate, affect profit when the portion sizes are too big than the anticipated size. Protein is the most expensive item of a meal. Hence the portions must be weighed consistently and precisely. Lack in portion control results in
- Variability and discrepancy in portions of starches, vegetables, etc. can translate into waste of time and money.
- A lack of sense of responsibility among personnel leading to loss of standard.
- Medical outcomes of improper portion control may be imbalanced nutrition in therapeutic diets either exceeded or reduced. For examples calorie imbalance results in unintentional weight gain; Excess sodium intake lead to complications. Serving a meal, as specified by the diet order, is just as important as administering medication correctly. Hence prompt supervision on portion control is necessary to get better results.