

CSNA 2024 Presentation: AI Prompts

Innovative Solutions for Managing Special Meal Diets with Technology

My School RD, Inc

What are risks to watch for in using AI or Chat GPT to create recipes and menus for students with life-threatening allergies?

Risks in using AI:

- **Incomplete Picture:** AI may miss cross-contamination risks; manual checks are crucial.
- **Over-Reliance:** AI is a tool, not a replacement. Human oversight is essential.
- **Data Changes:** Ingredient labels can change frequently; always cross-check.

AI Use Case 1: Allergen-Free Entree Ideas

Create 10 allergen-free lunch entree names and descriptions for elementary and middle school students that meet NSLP guidelines, including 2 oz of meat/meat alternate and 2 oz of grain (only cooked brown rice or corn-based grain products like corn tortillas, corn taco shells, corn chips, or items made from corn masa). Each recipe must avoid all common allergens: wheat, dairy, soy, eggs, sesame, fish, shellfish, peanuts, and tree nuts. Ensure no allergens are included, and each entree is flavorful, nutritious, and appealing to kids.

You must also include any allergen alerts for common ingredients that may need modification to comply with allergen restrictions (e.g., soy in teriyaki sauce), along with recommended substitutions or recipes for those items.

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- What additional details could I include in the prompt to make the entree ideas more tailored to the preferences of students at my school?
- Translate into ...

AI Use Case 2: Menu Magic

Please create a two-week lunch menu for elementary students in a Monday through Friday calendar format with the columns being each day of the week. Each entree should meet NSLP guidelines with 2 oz of meat/meat alternate and 2 oz of grain (using rice or 2 oz of grain (only cooked brown rice or corn-based grain products like corn tortillas, corn taco shells, corn chips, or items made from corn masa)) and be free from common allergens: wheat, dairy, soy, eggs, sesame, fish, shellfish, peanuts, and tree nuts.

You must also include any allergen alerts for common ingredients that may need modification to comply with allergen restrictions (e.g., soy in teriyaki sauce), along with recommended substitutions or recipes for those items.

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- Rewrite the menu names as if you were *Emeril Lagasse with a dash of exaggeration*.
- Rewrite the menu names as if you were *Julia Childs adding dry humor and red wine*.
- Rewrite the menu names as if you were *Martha Stewart*
- Translate to ...
- What other smart, helpful tasks can ChatGPT perform for schools dealing with special diets?