

FOR SCHOOL CATERING STAFF

60 chat prompts

Prompts for School Catering Staff.

Ready-to-use prompts for planning, teaching and reflection.

*The right tool at the right time.
Part of the WISE Framework for Education at
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Glossary

A few terms that recur throughout this guide. If you already know them, skip ahead to the framework on the next page.

AI — Artificial Intelligence

An attempt to make machines mimic brain functions — to "think" and learn roughly the way humans do. We don't fully understand how the brain works, but we can try to replicate the parts we do understand.

Prompt

An instruction given to a chatbot to get a desired response or task performed.

Iterate

After receiving a response from a chatbot, you refine and clarify the parts you're not satisfied with — sharpening the answer until it's what you want. The better your starting prompt, the fewer iterations you'll need.

Chatbot

A chatbot has been trained to find patterns in large amounts of text. It uses those patterns to generate a response to your prompt. The answer is produced in real time.

GPT

The underlying model (Generative Pre-trained Transformer) that a chatbot uses. The same GPT can power different chatbots — for example, Copilot and ChatGPT have both used OpenAI's GPT.

Generative AI

AI that creates (generates) text, images, video, or sound in real time when prompted to do so.

Bias

AI responses can be skewed or partial, depending on the data the AI was trained on and the biases present in that data. These biases are harder to spot in chatbots than in image-generating AI.

Hallucination

The text you receive from a chatbot is based on patterns in its training data, but word generation also involves randomness — meaning generated words can sometimes create a meaning that simply isn't true.

A framework for writing your own prompts

Role: Act as an experienced physics teacher.

Task: Create a lesson plan that introduces year 8 students to optics.

Context: I teach at a middle school, have 25 students in my class, and the lesson is 60 minutes long.

Format: Link content and activities to the physics curriculum and give me a plan that describes each part of the lesson and the materials required.

Tone: Use a formal but friendly tone.

A few chatbots to know

AI can also generate images and more, but we focus here on chat capabilities.

ChatGPT — OpenAI's chatbot

Gemini — Google's chatbot

NotebookLM — Google's tool that can, among other things, generate a two-voice podcast

Copilot — Microsoft's chatbot

Claude — Anthropic's chatbot

Perplexity — From San Francisco, was early to include source links

Duck AI — DuckDuckGo's chatbot, lets you pick among several GPTs

Mistral AI — A chatbot from France

Most chatbots have age restrictions.

How to use the prompts

All the prompts are starting points — examples to get you going. Adapt them to fit your context.

After using a chatbot for a while, you'll learn what kinds of prompts work better or worse. Try the same prompt twice — first as-is, then with the prefix "Act as an experienced expert teacher in [subject]" — and see whether the quality of the response improves. A good response means a good prompt. A poor response means the prompt needs more context or adjustment. Some chatbots are better than others at certain tasks, so if you're not satisfied despite multiple tries, consider switching chatbot.

Brackets and privacy

You paste the prompt text into the chatbot's input field. Wherever brackets *[like this]* appear, replace the text inside with whatever fits your context.

Always double-check the responses — chatbot output is not guaranteed to be accurate.

Note: Think carefully before uploading texts or documents. Never upload personal data or sensitive information. Mind GDPR.

School Catering Staff

- 01 Create a weekly menu for a *[primary school]* that follows the Swedish Food Agency's recommendations for school meals, including three vegetarian options and a nutritional breakdown.
- 02 Give me five strategies for reducing food waste in the school kitchen at a *[primary school]*, with a focus on *[specific area, e.g. portioning or leftovers]*.
- 03 Write a short message to students and parents at a *[primary school]* to introduce a new dish (e.g. *[specific dish]*), using a positive and welcoming tone.
- 04 Suggest three ways to adapt school meals at a *[primary school]* for students with *[specific need, e.g. gluten intolerance or religious requirements]*, including a simple routine.
- 05 Create a five-point checklist to ensure that the kitchen at a *[primary school]* complies with food safety regulations during a busy lunch service.
- 06 Give me an example of a simple routine for planning ingredient purchases for school meals at an *[Upper Secondary school]*, with three steps for minimising costs.
- 07 Suggest three ways to use local or seasonal ingredients in school meals at a *[lower secondary school]*, with a recipe suggestion for each.
- 08 Write a short guide for introducing a new staff member in the school kitchen at a *[primary school]* to *[specific task, e.g. salad preparation]*, with three steps.
- 09 Give me five ideas for making the dining environment more welcoming for students at a *[primary school]*, with a focus on *[specific area, e.g. decoration or seating]*.
- 10 Create a list of three short, fun activities for involving students at a *[primary school]* in learning about food during lunch (e.g. *[specific theme, e.g. waste sorting]*).

- 11 Suggest three ways to collaborate with teachers at a *[primary school]* to connect school meals to teaching in *[specific subject, e.g. Home Economics or Biology]*.
- 12 Give me an example of a simple three-question survey for collecting feedback from students at a *[primary school]* about school meals.
- 13 Write a weekly plan for preparing and serving a themed meal (e.g. *[specific theme, e.g. Nordic cuisine]*) at a *[primary school]*, with three key tasks.
- 14 Suggest three ways to reduce energy consumption in the school kitchen at a *[primary school]*, with a focus on *[specific area, e.g. cooking or dishwashing]*.
- 15 Create a template for documenting daily routines in the school kitchen at a *[primary school]*, with three sections (e.g. preparation, service, cleaning).
- 16 Give me five ideas for celebrating School Meals Day or a similar event at a *[primary school]*, with one activity for each.
- 17 Suggest three ways to manage a busy lunch service at a *[primary school]* with limited staff, including a prioritisation strategy.
- 18 Write a short guide for planning a vegetarian week at a *[primary school]*, with three tips for encouraging students to try new dishes.
- 19 Give me an example of how to reuse leftovers from school meals at a *[primary school]* in a new dish, with a simple recipe.
- 20 Create a list of three ways to show appreciation to school catering staff at a *[primary school]*, from both management and students.
- 21 Create a monthly menu for a *[primary school]* that balances cost and nutrition in line with the Swedish Food Agency's guidelines, including three climate-friendly dishes.

- 22 Give me five simple tips for encouraging students at a *[primary school]* to try *[specific dish, e.g. vegetarian soup]*, without additional resources.
- 23 Write a short welcome message to staff at a *[primary school]* to introduce a new routine in the dining hall (e.g. *[specific routine, e.g. self-service]*).
- 24 Suggest three ways to organise the dining hall at a *[primary school]* to reduce queues during lunch for *[specific stage, e.g. middle school students]*, with a simple solution for each.
- 25 Create a list of five daily tasks for preparing the school kitchen at a *[primary school]* ahead of lunch, with a focus on *[specific area, e.g. hygiene or efficiency]*.
- 26 Give me an example of a simple routine for handling returned food at a *[primary school]*, with three steps for reducing waste.
- 27 Suggest three ways to use leftovers from school meals at a *[primary school]* to create snacks, with one suggestion for each.
- 28 Write a short guide for quickly resolving a common problem in the school kitchen at a *[primary school]* (e.g. *[specific problem, e.g. broken oven]*), with three steps.
- 29 Give me five ideas for decorating the dining hall at a *[primary school]* to connect with *[specific theme, e.g. autumn or health]*, on a minimal budget.
- 30 Create a list of three short discussion points for a meeting with the principal at a *[primary school]* about *[specific topic, e.g. dining hall routines or budget]*.
- 31 Suggest three ways to collaborate with students at a *[primary school]* to plan a themed day for school meals (e.g. *[specific theme]*), with one idea for each.
- 32 Give me an example of a simple routine for checking and ordering *[specific ingredient, e.g. vegetables]* for school meals at a *[primary school]*.

- 33 Write a list of five questions to ask students at a *[primary school]* to gather input on how school meals could be improved.
- 34 Suggest three ways to reduce noise in the dining hall at a *[primary school]* for *[specific stage, e.g. lower school students]*, with a practical solution for each.
- 35 Create a template for planning a week of lunch service at a *[primary school]*, with three sections (e.g. menu, staff, preparation).
- 36 Give me five ideas for introducing a new flavour or dish (e.g. *[specific flavour]*) at a *[primary school]*, with a small tasting activity for each.
- 37 Suggest three ways to manage an unexpected staff shortage in the school kitchen at a *[primary school]*, including a prioritisation plan.
- 38 Write a short guide for teaching school catering staff at a *[primary school]* to prepare a simple dish (e.g. *[specific dish]*), with three steps.
- 39 Give me an example of how to connect school meals at a *[primary school]* to a local sustainability project (e.g. *[specific project]*), with three steps.
- 40 Create a list of three short ways to encourage collaboration between school catering staff and the caretaker at a *[primary school]* for *[specific purpose, e.g. cleaning]*.
- 41 Create a weekly menu for a *[primary school]* that incorporates *[specific theme, e.g. Nordic flavours or a vegetable focus]*, with three dishes and a short rationale for each.
- 42 Give me five simple ways to encourage students at a *[primary school]* to take smaller portions to reduce food waste, with a practical idea for each.
- 43 Write a short message to teachers at a *[primary school]* inviting them to collaborate on *[specific topic, e.g. food and the environment]*, with a positive call to action.

- 44 Suggest three ways to adapt serving routines at an *[Upper Secondary school]* to meet *[specific need, e.g. a faster pace or allergy management]*, with a solution for each.
- 45 Create a list of five quick hygiene checks to carry out in the school kitchen at a *[primary school]* before service, with a focus on *[specific area, e.g. work surfaces]*.
- 46 Give me an example of a simple routine for planning a vegetarian day at a *[primary school]*, with three steps and one way to present it to students.
- 47 Suggest three ways to use local produce in school meals at a *[primary school]*, with one dish for each and a short description of its origin.
- 48 Write a short guide for handling an unexpected delivery delay to the school kitchen at a *[primary school]*, with three steps for resolving the situation.
- 49 Give me five ideas for making the dining hall at a *[primary school]* calmer and more pleasant for *[specific stage, e.g. lower school students]*, using small changes.
- 50 Create a list of three short ways to collect feedback from staff at a *[primary school]* about school meals, with an example for each.
- 51 Suggest three ways to involve students at a *[primary school]* in designing a new salad bar, with one activity for each.
- 52 Give me an example of a routine for checking and restocking *[specific equipment, e.g. cutlery or trays]* in the dining hall at an *[Upper Secondary school]*.
- 53 Write a list of five encouraging phrases to use with students in the dining hall at a *[primary school]* to create a positive atmosphere.
- 54 Suggest three ways to reduce plastic use in the school kitchen at a *[primary school]*, with a focus on *[specific area, e.g. packaging or serving]*, and a solution for each.

55 Create a template for planning a themed week of school meals at a *[primary school]* (e.g. *[specific theme]*), with three daily focus areas.

56 Give me five ideas for reusing leftover ingredients from school meals at a *[primary school]* in simple dishes, with a recipe suggestion for each.

57 Suggest three ways to manage high staff absence among school catering staff at a *[primary school]*, including a plan for prioritising tasks.

58 Write a short guide for introducing a new kitchen routine (e.g. *[specific routine, e.g. composting]*) to staff at a *[primary school]*, with three steps.

59 Give me an example of how to connect school meals at a *[primary school]* to a national campaign (e.g. *[specific campaign, e.g. Meat-Free Monday]*), with three steps.

60 Create a list of three short ways to show appreciation to students who help out in the dining hall at a *[primary school]*, with an example for each.

CONTINUE ON THE WEB

The right tool at the right time.

This collection is part of a library of AI prompts for every role in the school — free to use, adapt, and share.

More prompt sets

Find prompts for principals, subject teachers, school leaders, support staff and more at choosewise.education/prompts

The WISE Framework for Education

Four questions that turn any "should we use this AI tool?" conversation into a structured decision — choosewise.education/wise

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