

Baking and Cooking Skills Check List

What can you do? Check all the skills that you already have.

I know how to:

Getting Started

- Read a recipe
- Follow directions
- Gather equipment
- Gather ingredients

Clean-up

- Wash my hands correctly
- Wash dishes in the right order
- Clean and sanitize counters and tables
- Dry dishes
- Store dishes
- Take trash out

Basic Measuring

- Identify measuring equipment
- Measure:
- Dry ingredients
 - Liquid ingredients
 - Brown sugar
 - Shortening
 - Butter

Nutrition information

- Read and interpret a food label

Appliances

- Use an oven safely
- Use a microwave safely
- Use a hand mixer
- Use a stand mixer
- Use a food processor
- Use a fire extinguisher correctly

Cooking Terms

Identify definitions of:

- Bake
- Boil
- Cook
- Cream
- Knead
- Season
- Simmer
- Slice

Baking and cooking techniques

- Sift flour
- Separate an egg
- Use a knife safely
- Make a sandwich
- Make scrambled eggs
- Prepare pasta
- Half or double a recipe

Meal Planning

- Plan a menu
- Set a table
- Fold an origami napkin
- Display proper etiquette

Anything else?
