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?

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