


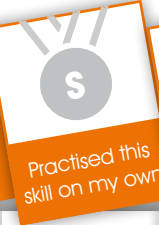

ACTIVITY SHEET


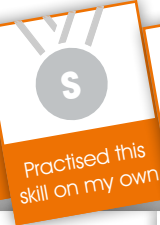

OLYMPIC COOKING

SKILLS RECORD

CLASS/NAME

Record your progress as you develop your cooking skills. Blank rows have been included in the chart so you can add in additional skills you would like to develop.

SKILL FOCUS	EQUIPMENT The equipment you will need and suggested foods to use	SKILL TIPS Include a drawing or write in some top tips that will help you remember this skill	 Used this skill with help	 Practised this skill on my own	 Taught another student this skill
Weigh food in multiples of 100g	Digital weighing scales <i>Flour, rice</i>				
Recognise proportions of foods (whole and half)	<i>Potatoes, apples</i>				
Scoop out seeds by hand	<i>Melon, pepper</i>				
Squeeze juice by hand	<i>Orange, lemon</i>				
Hand peel fruit	<i>Banana, clementine</i>				
Cut fruit in half and remove a stone	Table knife <i>Peach, avocado</i>				
Use the bridge hold	Table knife <i>Pepper</i>				
Use the claw hold	Table knife <i>Mushrooms</i>				

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Use the fork secure	Table knife, fork <i>Banana</i>				
Grate foods	Grater <i>Cheese, cucumber</i>				
Knead dough	Bowl <i>Dough mix</i>				
Whisk foods	Fork <i>Egg</i>				
Mix ingredients using a spoon	Wooden spoon, bowl <i>Dough mix</i>				
Spread a soft topping	Table knife <i>Margarine on bread</i>				
Shape foods accurately	<i>Dough into bread rolls</i>				
Measure foods using spoons	Measuring spoons <i>Salt, herbs</i>				

SET SOME FOOD PREPARATION GOALS

1. What food preparation skills do you want to get even better at?

2. What new food preparation skills would you like to learn next?

