FOOD SKILLS
CHECK-LIST

What can you do? Check the skills you can do and get ready to explore and enjoy the wonder of food and the delicious results!

○ Get Ready mise en place (miz on plas)
  ○ Read the recipe thoroughly
  ○ Ingredients available; prepped as needed
  ○ Equipment available
  ○ Understand and follow directions
  ○ Personal hygiene for food prep; service

○ Clean-Up
  ○ Food safety serving and storage guides
  ○ Clean-up equipment, dishes, kitchen

○ Measuring Basics
  ○ Kitchen measurements
  ○ Teaspoons
  ○ Tablespoons
  ○ Cups
  ○ Scales, U.S./English/Metric
  ○ Dry ingredients
  ○ Liquid ingredients
  ○ Brown sugar
  ○ Shortening and butter
  ○ Eggs

○ Food Package Label
  ○ Net weight
  ○ Food label
  ○ Ingredient label; health claims

○ Mixing Methods
  ○ Muffin Method
  ○ Biscuit Method
  ○ Drop Cookie Method
  ○ Rolled Cookie Method
  ○ Shaped Cookie Method
  ○ Cake Method
  ○ Rapid Mix Yeast Dough Method
  ○ Straight Dough Method
  ○ Sponge and Dough Method
  ○ Cool-Rise Method

○ Techniques/Terms
  ○ Cream
  ○ Cut-in
  ○ Fold-in
  ○ Divide or scale dough or batter evenly
  ○ Knead dough
  ○ Ferment dough; punch; rest
  ○ Shape; raise/proof
  ○ Peel/pare
  ○ Roll or sheet dough
  ○ Sauté; brown
  ○ Separate egg yolk and white
  ○ Shell an egg
  ○ Sift, blend, whisk
  ○ Slice; dice; mince; grate; zest
  ○ Scald; simmer; steam; boil; rolling boil
  ○ Take internal temperature; doneness tests

○ Equipment
  ○ Oven use
  ○ Microwave use
  ○ Wire cooling rack
  ○ Grill or outdoor fire pit
  ○ Small appliances
  ○ Hand and stand mixers
  ○ Food processor and/or blender
  ○ Bread machine
  ○ Griddle; skillet; waffle iron

○ Foods & Nutrition Resources
  ○ ChooseMyPlate.gov
  ○ Kidsacooking.ksu.edu
  ○ learningandlivingwell.org
  ○ Other: ____________________________

○ Meal Planning, Service, Etiquette
  ○ Menu planning
    nhlbi.nih.gov/health/public/heart/obesity/lose_wt/eat.htm
  ○ Set a table; serve/clear
  ○ Dining Etiquette Guide
    whatscookingamerica.net/Menu/DiningEtiquetteGuide.htm
  ○ HomeBaking.org