

# Cooking Skills Check List Form

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

## Getting Ready

- ☐ Read Recipe Thoroughly
- ☐ Ingredients Available
- ☐ Equipment Available
- ☐ Follow Directions

## Clean-Up

- ☐ Food Safety
- ☐ Clean-up

## Measuring Basics

- ☐ Kitchen Measurements
- ☐ Teaspoons
- ☐ Tablespoons
- ☐ Cups
- ☐ Scales, U.S./English/Metric
- ☐ Dry Ingredients
- ☐ Liquid Ingredients
- ☐ Brown Sugar
- ☐ Shortening and Butter

## Nutrition Information

- ☐ Net Weight
- ☐ Food Label
- ☐ Ingredient Label

## 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
- ☐ Cool-Rise Method

## Techniques/Terms

- ☐ Shelling an egg
- ☐ Separating an egg
- ☐ Sift, blend/whisk
- ☐ Creaming
- ☐ Cut-in
- ☐ Kneading
- ☐ Ferment, raise, rest, punch
- ☐ Fold-in
- ☐ Peeling
- ☐ Slice; dice; grate
- ☐ Roll out
- ☐ Divide dough
- ☐ Simmer
- ☐ Boiling

## Equipment

- ☐ Oven Use
- ☐ Microwave Use
- ☐ Small Appliances
- ☐ Hand Mixer
- ☐ Stand Mixer
- ☐ Food Processor
- ☐ Bread Machine
- ☐ Griddle, skillet, waffle iron

## Foods & Nutrition Resources

### Meal Planning

- ☐ Menus
- ☐ Setting a Table
- ☐ Dining Etiquette

### Other:

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