

Name:					
Start Date	Cooking Readiness	Comments	Start Date	Cooking Readiness	Comments
	<i>Fundamentals</i>			<i>Cook on Stove</i>	
	Slices safely with knife			Identifies correct burner	
	Peels fruits and veggies safely			Stabilizes pan, pot when cooking	
	Stirs liquids and solids			Avoids spattering food	
	Pours without spills			Turns off stove	
	<i>Food Prep</i>			<i>Bake in Oven</i>	
	Carries items safely with 1 hand			Adjusts oven rack as needed	
	Carries items safely with 2 hands			Pre-heats oven accurately	
	Retrieves items from refrigerator			Uses oven mitt	
	Retrieves items from shelves			Lifts pan in/out of oven safely	
	Retrieves items from cabinets			Turns off oven when done	
	Opens bottles, jars				
	Opens cans			<i>Clean Up</i>	
	Opens packages			Tests water temperature	
				Can wring out washcloth	
	<i>Follow directions</i>			Handles dishes without dropping	
	Measures amounts accurately			Squeezes detergent bottle	
	Follows recipe			Loads dishwasher appropriately	
	Checks expiration dates				
	Checks nutrition info			<i>Miscellaneous</i>	
				Secures items with twist ties	
	<i>Microwave Food</i>			Stores food appropriately	
	Sets timer			Unpacks groceries	
	Operates microwave controls			Sets table	
	Follows instructions			Folds napkins	
	Handles food safely			Packs lunch	