

## Life Skills in the Kitchen

*Please ensure that you check with a family member before using food and equipment in the kitchen.*

Skill/ Activity	Tick once completed	Comments
Use a grater e.g. cheese/ carrot		
Use the microwave ensuring the correct cooking time is entered		
Peel a vegetable or fruit using a peeler		
Boil water in a saucepan to cook e.g. pasta/ rice		
Chop a vegetable or fruit using a sharp knife and a chopping board		
Use a frying pan to fry e.g. onion		
Use a colander to drain boiling water		
Set the correct time and temperature on the oven		
Handle raw meat before cooking, ensuring you recap how to do this safely first		
Read the instructions of a packet and follow them independently to cook the food		
Use a cleaning spray and a cloth to clean your worktop after cooking		
Choose an ingredient from your kitchen. List 10 different ways you could use the ingredient to make different dishes		
Use the grill e.g. cheese on toast		
Use a measuring jug to measure liquid for cooking		
Use kitchen scales to weigh an ingredient for cooking		
Make a judgement on when you think your tea towel or dish cloth needs to be changed		