





	Wash Your Hands
	Have a Clean & Clear Working Space
	Get Ingredients & Equipment Ready
	Remove Jewellery and Watches
	Wear an Apron
	Roll up Sleeves
	Tie Back Hair
AziT	Are you Safe & Ready?



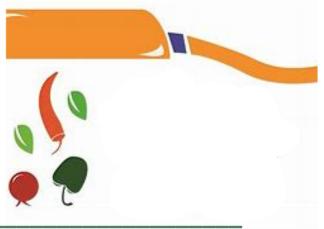


Chop

## **Kitchen Skills**

Don't forget to use the correct knife skills for the technique you are using.

skins for the technique you are using.			
Skill	Equipment	Food	
Peel (Peeler)			
Peel (Knife)			
Tear			
Squeeze			
Shred			
Grate			
Zest			
Cut (Scissors)			
Cut (Knife)			
Slice			
Dice			



#### Name:

# My Food Skills Passport

# **Preparation Skills**

List the equipment and food used to demonstrate each skill. Use this scale to show your confidence.

Skill	Equipment	Food
Weigh		
Pour		
Spoon		
Measure		
Level		
Wash		
Mash		
Crush		
Grind		
Open/Break		
Grease/Line		



### **Combination Skills**

List the equipment and food used to demonstrate each skill. Use this scale to show your confidence.



Skill	Equipment	Food	_
Stir			
Mix			
Combine			
Whisk			
Blend			
Sift			

	Skill	Equipment	Food	
	Beat			
	Fold			
	Rub (Baking)			
_	Rub (Cooking)			
	Knead			
	Flour/Bread			



## **Cooking Skills**

Skill	Equipment	Food	
Bake			
Boil			
Melt			
Simmer			
Steam			
Grill			
Fry			$\leq$

Skill	Equipment	Food	
Stir-Fry			
Roast			
Microwave			
Stew			
Poach			
Braise			



## **Presentation Skills**

Skill	Equipment	Food	
Shape			
Spread			
Layer			
Roll			
Pipe			

Skill	Equipment	Food
Sprinkle		
Cover		
Cool		
Glaze		