



Name: _____

My Food Skills Passport

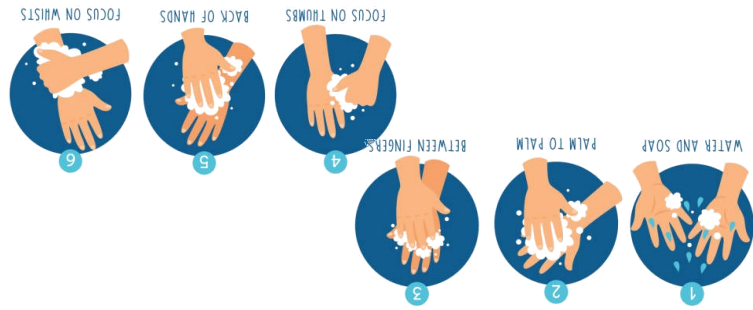


Preparation Skills

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



Skill	Equipment	Food	
Weigh			<input type="radio"/>
Pour			<input type="radio"/>
Spoon			<input type="radio"/>
Measure			<input type="radio"/>
Level			<input type="radio"/>
Wash			<input type="radio"/>
Mash			<input type="radio"/>
Crush			<input type="radio"/>
Grind			<input type="radio"/>
Open/Break			<input type="radio"/>
Grease/Line			<input type="radio"/>



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

Personal Hygiene
 Follow these steps whenever you're preparing or handling food.



Kitchen Skills

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

Skill	Equipment	Food	
Peel (Peeler)			<input type="radio"/>
Peel (Knife)			<input type="radio"/>
Tear			<input type="radio"/>
Squeeze			<input type="radio"/>
Shred			<input type="radio"/>
Grate			<input type="radio"/>
Zest			<input type="radio"/>
Cut (Scissors)			<input type="radio"/>
Cut (Knife)			<input type="radio"/>
Slice			<input type="radio"/>
Dice			<input type="radio"/>
Chop			<input type="radio"/>



Combination Skills

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



Skill	Equipment	Food	
Stir			<input type="radio"/>
Mix			<input type="radio"/>
Combine			<input type="radio"/>
Whisk			<input type="radio"/>
Blend			<input type="radio"/>
Sift			<input type="radio"/>

Skill	Equipment	Food	
Beat			<input type="radio"/>
Fold			<input type="radio"/>
Rub (Baking)			<input type="radio"/>
Rub (Cooking)			<input type="radio"/>
Knead			<input type="radio"/>
Flour/Bread			<input type="radio"/>



Cooking Skills

Skill	Equipment	Food	
Bake			<input type="radio"/>
Boil			<input type="radio"/>
Melt			<input type="radio"/>
Simmer			<input type="radio"/>
Steam			<input type="radio"/>
Grill			<input type="radio"/>
Fry			<input type="radio"/>

Skill	Equipment	Food	
Stir-Fry			<input type="radio"/>
Roast			<input type="radio"/>
Microwave			<input type="radio"/>
Stew			<input type="radio"/>
Poach			<input type="radio"/>
Braise			<input type="radio"/>
			<input type="radio"/>



Presentation Skills

Skill	Equipment	Food	
Shape			<input type="radio"/>
Spread			<input type="radio"/>
Layer			<input type="radio"/>
Roll			<input type="radio"/>
Pipe			<input type="radio"/>

Skill	Equipment	Food	
Sprinkle			<input type="radio"/>
Cover			<input type="radio"/>
Cool			<input type="radio"/>
Glaze			<input type="radio"/>
			<input type="radio"/>