

# Food Smart Families & Children Skills Passport -

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.



## Preparation Skills

These are typically the skills you will use to prepare food prior to cooking.

Weigh	To measure ingredients using weighing scales.
Pour	To transfer a liquid ingredient using a jug or bottle.
Spoon	To add an ingredient in small amounts by using a spoon.
Measure	To determine the quantity or size of the food or ingredient needed using a utensil.
Level	To fill the liquid or ingredient to the level of a utensil such as a spoon.
Wash	The cleaning of raw ingredients prior to prepping or cooking.
Mash	Press food to make a smooth mixture & removal of lumps.
Crush	Create smaller pieces, typically using hands, rolling pin or mortar and pestle.
Grind	Mechanically cut food into smaller pieces, with a food grinder or processor.
Open/Break	To remove the non edible parts of foods ready for use e.g. the shell from an egg.
Grease/Line	Apply a layer of fat or greaseproof paper/foil to a surface to prevent sticking.



## Kitchen Skills

These skills tend to involve sharp utensils and knives.

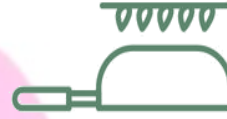
Peel (Peeler)	Removal of the skin or outer covering of a food, using a peeler.
Peel (Knife)	Removal of the skin or outer covering of a food, using a knife.
Tear	To roughly separate a food or ingredient using your hands.
Squeeze	To remove the juice from a food to add flavouring e.g. orange juice.
Shred	Similar to grating but results in larger pieces - can also be achieved with scissors.
Grate	Moving a food across a grate surface, which results in multiple fine pieces.
Zest	To finely grate a food or the outer skin of a food to add flavour, e.g. lemon.
Cut (Scissors)	Using scissors to divide a food or ingredient.
Cut (Knife)	Using a knife to divide a food or ingredient.
Slice	One or more knife cuts, which result in a long, thin, flat piece (s).
Dice	Multiple knife cuts that result in squared pieces.
Chop	Knife cuts that result in pieces of approximately the same size.

## Combination Skills



Str	To combine two or more foods or
Mix	To stir two or more foods together until
Combine	To gently stir two or more foods together
Whisk	Beating an ingredient to incorporate air
Blend	To combine two or more ingredients,
Sift	Removal of lumps/clumps from dry

## Cooking Skills



Bake	Something that is baked has a constant heat surrounding the entirety of the item.
Boil	To bring a liquid to boiling point, typically
Melt	To heat a solid food over a low heat until
Simmer	Heating liquid in a gentle way just before
Steam	Cooked using the vapours from a boiled
G grill	To cook under a heat source, without the
Fry	Cook large pieces of food on a medium to

## Presentation Skills



Shape	Form a food or mixture into a shape.
Spread	Evenly applied mixture to food both
Layer	Foods or ingredients placed on top of
Roll	Form a food into a shape. To 'Roll Out' is
Pipe	Forcing of a semi-soft food such as cream

Beat  
Rapid mixing to combine ingredients - can be done with a variety of tools.

Fold  
Using a spatula from a vertical direction & turning the wrist gently to mix.

Rub (Baking)  
Crumbing & breaking of butter into flour using the fingertips

Rub (Cooking)  
Combination of herbs & spices rubbed onto the outer layer of a food.

Knead  
Handle a dough by pressing, folding and rolling.

Flour/Bread  
To coat or dust a food or utensil.

Str-Fry  
Small pieces of food cooked quickly over a very high heat using a wok.

Roast  
Cooked using dry heat, typically in an oven.

Microwave  
Rapid heating of food at a constant temperature.

Stew  
To cook a food in liquid for a long time in a covered pot.

Poach  
Cooked at a low temperature in enough liquid or fat to just cover the food.

Braise  
The browning of each side before adding a seasoned liquid & cooked low & slow.

Sprinkle  
To scatter a powdered ingredient or droplets of a liquid to a food.

Cover  
To add a top final layer, such as icing.

Cool  
Allow the food to gradually reduce in heat following cooking.

Glaze  
A coating applied to the outside of a food to add flavour or decoration.