

Name: _____

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

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"/>



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"/>

		Glaze
		Cool
		Cover
		Sprinkle
Food	Equipment	Skill

		Pipe
		Roll
		Layer
		Spread
		Shape
Food	Equipment	Skill

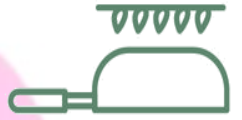
Presentation Skills



		Braise
		Poach
		Stew
		Microwave
		Roast
		Str-Fry
Food	Equipment	Skill

		Fry
		Grill
		Steam
		Simmer
		Melt
		Boil
		Bake
Food	Equipment	Skill

Cooking Skills



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

		Sift
		Blend
		Whisk
		Combine
		Mix
		Str
Food	Equipment	Skill

Combination Skills



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

