



FOOD SKILLS CHECK-LIST



What can you do? Check the skills you can do and get ready to explore and enjoy the wonder of food and the delicious results!

○ Get Ready *mise en place (miz on plas)*

- Read the recipe thoroughly
- Ingredients available; prepped as needed
- Equipment available
- Understand and follow directions
- Personal hygiene for food prep; service

○ Clean-Up

- Food safety serving and storage guides
- Clean-up equipment, dishes, kitchen

○ Measuring Basics

- Kitchen measurements
- Teaspoons
- Tablespoons
- Cups
- Scales, U.S./English/Metric
- Dry ingredients
- Liquid ingredients
- Brown sugar
- Shortening and butter
- Eggs

○ Food Package Label

- Net weight
- Food label
- Ingredient label; health claims

○ Mixing Methods

- Muffin Method
- Biscuit Method
- Drop Cookie Method
- Rolled Cookie Method
- Shaped Cookie Method
- Cake Method
- Rapid Mix Yeast Dough Method
- Straight Dough Method
- Sponge and Dough Method
- Cool-Rise Method

○ Techniques/Terms

- Cream
- Cut-in
- Fold-in
- Divide or scale dough or batter evenly
- Knead dough
- Ferment dough; punch; rest
- Shape; raise/proof
- Peel/pare
- Roll or sheet dough
- Sauté; brown
- Separate egg yolk and white
- Shell an egg
- Sift, blend, whisk
- Slice; dice; mince; grate; zest
- Scald; simmer; steam; boil; rolling boil
- Take internal temperature; doneness tests

○ Equipment

- Oven use
- Microwave use
- Wire cooling rack
- Grill or outdoor fire pit
- Small appliances
- Hand and stand mixers
- Food processor and/or blender
- Bread machine
- Griddle; skillet; waffle iron

○ Foods & Nutrition Resources

- ChooseMyPlate.gov
- Kidsacooking.ksu.edu
- learningandlivingwell.org
- Other: _____

○ Meal Planning, Service, Etiquette

- Menu planning
nhlbi.nih.gov/health/public/heart/obesity/lose_wt/eat.htm
- Set a table; serve/clear
- Dining Etiquette Guide
whatscookingamerica.net/Menu/DiningEtiquetteGuide.htm

○ Other

