

# Home Living / Daily Living

## Sub Area: Cooking Skills Inventory

Skills	Rating						
	Emerging		Developing			Mastery	
	1	2	3	4	5	6	7
<b><u>Safety and Operation</u></b>							
Hot vs. cold							
Sharp items							
Scissors / peelers / knives							
Breakables							
Appliances (Paper near burners, plastic on heat coils, doors closed, silverware in disposal)							
Poisons (Mr. Yuk is a good technique)							
Electric cords							
Plugging in & out							
Frayed / broken plugs							
Frayed cords							
Spills							
Asks for help							
Pots and pans (handles in, not overfilled)							
Carrying and moving hot items (food, drinks, pans)							
Use of hot pads, trivets							
Electric griddle							
Electric frying pan							
Toaster							
Blender							
Stove							
Electric can opener							
Manual can opener							
Oven							
Toaster Oven							
Garbage disposal							
George Foreman-type grill							
Microwave							

First aid kit								
Edible and non-edible substances								
Demonstrates understanding of labels for the correct cleaning product								
Shows the ability to use proper sanitary precautions, hand washing, and clean up								
<b>Nutrition</b>								
Special Diet								
Identification of Foods								
Identification of Nutritious Foods vs. "Junk Food"								
Plans a healthy menu for 3 or more meals								
<b>Identifying items in kitchen</b>								
Matches picture to words of kitchen items and food items								
Identifies appliances in kitchen								
Demonstrates awareness of being in kitchen environment								
Demonstrates understanding of basic use of items in kitchen								
Recognizes items in kitchen								
Has measurement skills								
Is able to put things away in kitchen								
Is able to find ingredients for recipes								
Demonstrates appropriate food storage—freezer, refrigerated, countertop, canned								
<b>Making cooking products</b>								
Creates a 1 to 2-step cooking product								
Creates a multi-step cooking product								
Reads and follows simple recipes with or without use of pictures								
Follows recipes in various cookbooks and on pre-packaged foods								
Creates a full meal for a few guests and presents it, keeping presentation in mind								
Informs others what is in the recipe and what items to collect to help in cooking								
Demonstrates ability to modify a recipe								