

Instructions

For each section below, read the information carefully and complete the tasks as instructed in the space provided.

1. Knife Skills

Good knife skills are essential in cooking. It's important to know how to handle a knife safely and effectively.

- What is the proper way to hold a knife while chopping?

- List three common knife cuts and briefly describe each.

2. Cooking Methods

There are various cooking methods that you should be familiar with. Here are three common methods:

- Boiling
- Sautéing
- Baking

For each method, write a brief description and an example of food that can be cooked using that method:

- Boiling:

- Sautéing:

- Baking:

3. Measuring Ingredients

Accurate measurement of ingredients is crucial in cooking. Explain the difference between dry measuring cups and liquid measuring cups.

4. Kitchen Safety

Handling food safely is a key part of cooking. List five kitchen safety tips.

1.
2.
3.
4.
5.

5. Your Favorite Recipe

Write down your favorite recipe. Include the ingredients, steps, and cooking time.

Ingredients:

Steps:

Cooking Time: