

## 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: