

Instructions

Welcome to your cooking worksheet! Let's explore the art of cooking together. Complete the sections below by answering the questions and completing the activities.

1. Your Favorite Recipe

Think about your favorite dish. Write down the name of the dish and list the ingredients you need to make it.

Recipe Name:

Ingredients (list each ingredient separated by commas):

2. Cooking Method

Describe how to prepare your favorite dish step by step. Include any cooking methods (like baking, frying, boiling) you use.

3. Food Safety

List three important food safety tips that you should follow while cooking.

Tip 1:

Tip 2:

Tip 3:

4. Cooking Experiment

Choose one ingredient you want to experiment with. Describe how you would use this ingredient in a new recipe. What dish would you create?

5. Reflection

Think about a time when you cooked something for someone. How did it make you feel? What did you learn from that experience?

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