

Instructions

Read the questions carefully and answer them to the best of your ability. Use the spaces provided to write your responses.

1. Kitchen Safety

List three important safety rules to follow in the kitchen.

2. Cooking Techniques

Describe the difference between boiling and steaming. Why might you choose one method over the other?

3. Common Ingredients

Name five common ingredients used in cooking and describe their roles in recipes (e.g., flavor, structure, texture).

4. Kitchen Tools

What are three essential kitchen tools you should have? Explain how each tool is used.

5. Recipe Understanding

What does it mean to 'preheat' an oven? Why is this step important in cooking?

6. Personal Experience

Have you ever cooked a meal by yourself? Describe that experience including what you made, any challenges you faced, and what you learned.

7. Future Goals

If you could learn to cook any dish or cuisine, what would it be and why?