



Name: _____

My Food Skills Passport

Personal Hygiene
Follow these steps whenever you're preparing or handling food.

Are you Safe & Ready?	Tie Back Hair	Roll up Sleeves	Wear an Apron	Remove Jewellery and Watches	Get Ingredients & Equipment Ready	Have a Clean & Clear Working Space	Wash Your Hands
Tick							



Preparation Skills

List the equipment and food used to demonstrate each skill. Use this scale to show your confidence.



Skill	Equipment	Food	
Weigh			<input type="radio"/>
Pour			<input type="radio"/>
Spoon			<input type="radio"/>
Measure			<input type="radio"/>
Level			<input type="radio"/>
Wash			<input type="radio"/>
Mash			<input type="radio"/>
Crush			<input type="radio"/>
Grind			<input type="radio"/>
Open/Break			<input type="radio"/>
Grease/Line			<input type="radio"/>



Kitchen Skills

Don't forget to use the correct knife skills for the technique you are using.

Skill	Equipment	Food	
Peel (Peeler)			<input type="radio"/>
Peel (Knife)			<input type="radio"/>
Tear			<input type="radio"/>
Squeeze			<input type="radio"/>
Shred			<input type="radio"/>
Grate			<input type="radio"/>
Zest			<input type="radio"/>
Cut (Scissors)			<input type="radio"/>
Cut (Knife)			<input type="radio"/>
Slice			<input type="radio"/>
Dice			<input type="radio"/>
Chop			<input type="radio"/>



Combination Skills

List the equipment and food used to demonstrate each skill.
Use this scale to show your confidence.



Skill	Equipment	Food	
Stir			<input type="radio"/>
Mix			<input type="radio"/>
Combine			<input type="radio"/>
Whisk			<input type="radio"/>
Blend			<input type="radio"/>
Sift			<input type="radio"/>

Skill	Equipment	Food	
Beat			<input type="radio"/>
Fold			<input type="radio"/>
Rub (Baking)			<input type="radio"/>
Rub (Cooking)			<input type="radio"/>
Knead			<input type="radio"/>
Flour/Bread			<input type="radio"/>



Cooking Skills

Skill	Equipment	Food	
Bake			<input type="radio"/>
Boil			<input type="radio"/>
Melt			<input type="radio"/>
Simmer			<input type="radio"/>
Steam			<input type="radio"/>
Grill			<input type="radio"/>
Fry			<input type="radio"/>

Skill	Equipment	Food	
Stir-Fry			<input type="radio"/>
Roast			<input type="radio"/>
Microwave			<input type="radio"/>
Stew			<input type="radio"/>
Poach			<input type="radio"/>
Braise			<input type="radio"/>
			<input type="radio"/>



Presentation Skills

Skill	Equipment	Food	
Shape			<input type="radio"/>
Spread			<input type="radio"/>
Layer			<input type="radio"/>
Roll			<input type="radio"/>
Pipe			<input type="radio"/>

Skill	Equipment	Food	
Sprinkle			<input type="radio"/>
Cover			<input type="radio"/>
Cool			<input type="radio"/>
Glaze			<input type="radio"/>
			<input type="radio"/>