What can you do? Check the skills that you already have and get ready to explore and enjoy the wonder of food and the delicious results!

- **Getting Ready**
  - Read the Recipe Thoroughly
  - Ingredients Available
  - Equipment Available
  - Follow Directions

- **Clean-Up**
  - Food Safety
  - Clean-up

- **Measuring Basics**
  - Kitchen Measurements
    - Teaspoons
    - Tablespoons
    - Cups
    - Scales, U.S./English/Metric
  - Dry Ingredients
  - Liquid Ingredients
  - Brown Sugar
  - Shortening and Butter

- **Food Package Label**
  - Net Weight
  - Food Label
  - Ingredient Label

- **Mixing Methods**
  - Muffin Method
  - Biscuit Method
  - Drop Cookie Method
  - Rolled Cookie Method
  - Shaped Cookie Method
  - Cake Method
  - Rapid Mix Yeast Dough Method
  - Straight Dough Method
  - Cool-Rise Method

- **Techniques/Terms**
  - Shelling an egg
  - Separating an egg
  - Sift, blend/whisk
  - Creaming
  - Cut-in
  - Kneading
  - Ferment, raise, rest, punch
  - Fold-in
  - Peeling
  - Slice; dice; grate
  - Roll out
  - Divide dough
  - Simmer
  - Boiling

- **Equipment**
  - Oven Use
  - Microwave Use
  - Small Appliances
    - Hand Mixer
    - Stand Mixer
    - Food Processor
    - Bread Machine
    - Griddle, skillet, waffle iron

- **Foods & Nutrition Resources**

- **Meal Planning**
  - Menus
  - Setting a Table
  - Dining Etiquette

- **Other:** ________________