



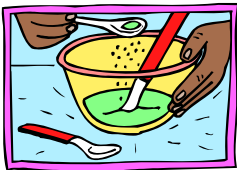




COOKING SKILLS	How Well Can You Do Each Skill?
<p>Follow directions in a recipe.</p> 	<p> <input type="checkbox"/> I have not learned to do this.  <input type="checkbox"/> I am just learning to do this and need more practice.  <input type="checkbox"/> I can do this.                 </p>
<p>Use dry and liquid measuring cups.</p> 	<p> <input type="checkbox"/> I have not learned to do this.  <input type="checkbox"/> I am just learning to do this and need more practice.  <input type="checkbox"/> I can do this.                 </p>
<p>Choose the correct knife and use it safely.</p> 	<p> <input type="checkbox"/> I have not learned to do this.  <input type="checkbox"/> I am just learning to do this and need more practice.  <input type="checkbox"/> I can do this.                 </p>
<p>Use a food thermometer to take the temperature of food.</p> 	<p> <input type="checkbox"/> I have not learned to do this.  <input type="checkbox"/> I am just learning to do this and need more practice.  <input type="checkbox"/> I can do this.                 </p>
<p>Understand cooking terms.</p> 	<p> <input type="checkbox"/> I have not learned to do this.  <input type="checkbox"/> I am just learning to do this and need more practice.  <input type="checkbox"/> I can do this.                 </p>
<p>Wash hands for the correct amount of time.</p> 	<p> <input type="checkbox"/> I have not learned to do this.  <input type="checkbox"/> I am just learning to do this and need more practice.  <input type="checkbox"/> I can do this.                 </p>
<p>Understand food labels.</p> 	<p> <input type="checkbox"/> I have not learned to do this.  <input type="checkbox"/> I am just learning to do this and need more practice.  <input type="checkbox"/> I can do this.                 </p>