


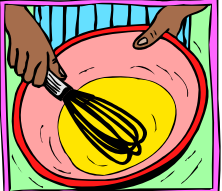





COOKING SKILLS	How Well Can You Do Each Skill?
<p>Follow directions in a recipe.</p> 	<p> <input type="checkbox"/> I have not learned to do this.  <input type="checkbox"/> I am just learning to do this and need more practice.  <input type="checkbox"/> I can do this.                 </p>
<p>Measure ingredients.</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>Handle a sharp knife 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 kitchen tools and equipment.</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 stove or oven 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>Wash hands properly.</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>