

Hot Water Safety

Washing dishes -

- Understand the purpose of washing dishes
- Understand the dish washing routine
- Wash dishes correctly
- Safety awareness – hot water, sharp knives, glasses



Food Handling Safety

Gloves/washing hands -

- Understands the importance of hand washing
- Wash hands correctly
- Uses gloves correctly
- Safety awareness – allergy, hot water



Educator Signature: _____

Date: _____



Physical Activity & Nutrition Outside School Hours

EDUCATOR'S EVALUATION SKILL & KNOWLEDGE COMPETENCIES KITCHEN LICENCE LEVEL 1 – CHEF

Childs Name: _____

Knife skills

Butter knife –

- Holding knife in hand correctly
- Passing knife correctly
- Correct technique used for spreading



Kitchen Appliances

Toaster –

- Understand the purpose of the toaster
- Understand how it works and what it is used for
- Understand the dials/controls
- Use it correctly
- Safety awareness – electricity, food jammed in toaster



Kettle -

- Understand the purpose of the kettle
- Understand how it works and what it is used for
- Fill it with water correctly
- Use it correctly
- Safety awareness – steam burns

Baking

Gathering baking utensils -

- Know and understand what the different utensils are used for
- (e.g. measuring cups, mixing spoons)
- Use the various utensils correctly



Identifying ingredients -

- Know the various dry ingredients (e.g. flour, sugar, rice)
- Know the various wet ingredients (water, milk, egg)
- Food allergy/intolerance awareness

Measuring/pouring liquid ingredients -

- Understand different measurements such as milliliters, litre, cup, ounce
- Using measuring jug, cup and/or spoon correctly
- Cracking an egg correctly
- Safety awareness – hot foods



Weighting dry ingredients -

- Understand different measurements such as grams and/or kilograms
- Using weighing scales correctly

Kitchen Utensils

Mixer –

- Understand the purpose of the mixer/beater
- Understand the dials/controls
- Understand how it works and what it is used for
- Fit the mixing beaters correctly
- Use the mixer correctly
- Safety awareness – fingers, hygiene



Grater -

- Understand it's purpose and how it works
- Use the grater correctly
- Safety awareness – fingers

Vegetable Peeler -

- Understand it's purpose and how it works
- Hold the peeler correctly in hand
- Use the peeler correctly
- Safety awareness – sharp blade

Tongs -

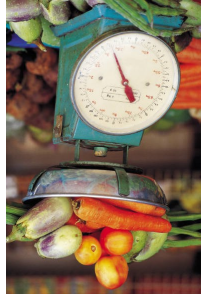
- Understand their purpose and how they work
- Using the tongs correctly
- Safety awareness – fingers, hot food



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