**Self Assessment: Cooking at home**

Name: Date:

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| **Core Skills** | **Self-Rating** | **Meal Examples / Recipes** |
| **I have not done this yet** | **I can with guidance** | **I can with a few reminders** | **I can without help** | **I can teach others** |
| 1. *Peeling fruit and vegetables*
 |  |  |  |  |  |  |
| 1. *Chopping fruit and vegetables*
 |  |  |  |  |  |  |
| 1. *Buttering a piece of bread*
 |  |  |  |  |  |  |
| 1. *Making a sandwich*
 |  |  |  |  |  |  |
| 1. *Boiling an egg*
 |  |  |  |  |  |  |
| 1. *Making a piece of toast*
 |  |  |  |  |  |  |
| 1. *Making a cold drink*
 |  |  |  |  |  |  |
| 1. *Making a hot drink*
 |  |  |  |  |  |  |
| 1. *Using the grill*
 |  |  |  |  |  |  |
| 1. *Cracking open an egg!*
 |  |  |  |  |  |  |