**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!* |  |  |  |  |  |  |