



## Skills Check List

### Leaning Ladder Edible Education

All children based on age and abilities will reach some level of exposure to mastery of these skills during one or many of our summer camps and on-going edible education classes throughout the year. This skill check list is a reference tool for children, parents and instructors.

This document serves as a base for learning outcomes and self-check-in's.

#### Personal Hygiene and Food Safety

- Comes to class ready to work and demonstrates proper attire.
- Demonstrate and practice correct hand washing techniques.
- Identify potential hazards in the food preparation area.
- Recall the basic hygiene / safety 'rules' in a food preparation area.

#### Recipe and Measuring

- Practice exact measurements for desired outcomes.
- Use basic kitchen math to execute recipes.
- Understand a standard recipe, and follow steps to create a final product.
- Explore sources of inspiration and recipes, ie. Cookbooks, on-line, verbal.

#### Kitchen Etiquette & Tools

- Demonstrate following rules and procedures.
- Demonstrate sharing equipment and using the correct tools for the job.
- Demonstrate hygienic behavior and mis en place techniques in a food preparation area.
- Know when to ask for help.
- Can set a proper table, make at least one napkin art creation, and/or creative plate garnish.

#### Knife Skills

- Learn to properly hold a knife, and execute proper technique.
- Learn to carry and care for a knife safely.
- Identify several types of knives and knife cuts.
- Practice making the correct knife cuts to execute a recipe.
- Create edible art.

## **Expanding Your Palate and Food Exploration**

- Willingness to taste and learn about a variety of different fruits, vegetables and varied ingredients.
- Explore their senses, seeing cooking as fun, not a chore.
- Basic of nutrition and why we eat what we eat.
- Identifying where our food comes from.
- Encouraging independence, and trust in the kitchen.
- Observe chemistry in action.

## **Enrichment, Working as a Team and Critical Thinking**

- Having fun, igniting interest in additional learning.
- Assisting in efficient clean up, leaving the kitchen better than we found it.
- Campers' kitchen confidence is elevated.
- Thinking beyond a recipe, moving towards creating and interpreting.
- Sharing in good conversation with instructors and peers.
- Knowledge and ability to prepare dishes for themselves, friends, and family members.

***Thank you for sharing your time with us at Leaning Ladder. Hope to see you again soon!***