

COOKING & BAKING CHECKLIST



MEASURING

- Measuring spoons
- Measuring cups- dry goods
- Measuring cups- liquids

COOKING TERMS

- | | | | |
|---------------------------------|--------------------------------|--------------------------------|---------------------------------|
| <input type="checkbox"/> bake | <input type="checkbox"/> boil | <input type="checkbox"/> dice | <input type="checkbox"/> roast |
| <input type="checkbox"/> baste | <input type="checkbox"/> broil | <input type="checkbox"/> fry | <input type="checkbox"/> saute |
| <input type="checkbox"/> beat | <input type="checkbox"/> brown | <input type="checkbox"/> grate | <input type="checkbox"/> simmer |
| <input type="checkbox"/> blanch | <input type="checkbox"/> chop | <input type="checkbox"/> mince | <input type="checkbox"/> steam |
| <input type="checkbox"/> blend | <input type="checkbox"/> cube | <input type="checkbox"/> mix | <input type="checkbox"/> whisk |

BAKING TERMS

- | | | |
|---------------------------------|---------------------------------------|--------------------------------|
| <input type="checkbox"/> bake | <input type="checkbox"/> cut dough | <input type="checkbox"/> sift |
| <input type="checkbox"/> batter | <input type="checkbox"/> dough | <input type="checkbox"/> whip |
| <input type="checkbox"/> beat | <input type="checkbox"/> fold | <input type="checkbox"/> whisk |
| <input type="checkbox"/> blend | <input type="checkbox"/> knead | |
| <input type="checkbox"/> cream | <input type="checkbox"/> pinch (dash) | |

SAFETY

- | | |
|---|---|
| <input type="checkbox"/> appliances- oven, stove top, microwave, blender, | |
| <input type="checkbox"/> clean up | <input type="checkbox"/> food contamination |
| <input type="checkbox"/> fires- regular and grease | <input type="checkbox"/> knives |
| <input type="checkbox"/> first aid- cuts, burns | <input type="checkbox"/> safely handling food |
| <input type="checkbox"/> food temperatures | |

