










Chef name: _____

My Chef Skills

Chef skills:	Decide how well you can do each skill. 1 Hat = I haven't learned or am just learning to do this. 2 Hats = I can do this but need more practice. 3 Hats = I can do this easily by myself.
 Following directions in a recipe.	Place sticker here.
 Measuring ingredients.	Place sticker here.
 Handling a sharp knife safely.	Place sticker here.
 Handling kitchen tools, equipment.	Place sticker here.
 Using a stove or oven safely.	Place sticker here.
 Keeping my hands clean.	Place sticker here.
 Reading food labels.	Place sticker here.

