

## Cooking Class Skills Overview

1. Learning how to organize a kitchen: the refrigerator, non-perishable goods, equipment. How to keep area clean and sanitary.
2. Preparing for cooking: finding recipes, making shopping lists, nutrition, shopping, food storage and learning about expiration dates. Sanitary techniques.
3. Labeling techniques for food and labeling adaptations for appliances. Using apps to identify foods and food information.
4. Adapted cooking tools: Long oven mitts, rack tool, large print and braille measuring equipment, talking thermometer, double spatula, pot minder, cutting gloves, finger protectors, timers.
5. Cutting and Knife handling skills: chopping, dicing, slicing, spreading. Use of cutting boards and trays to contain food.
6. Measuring and following directions.
7. Ordering food online and from a café.
8. Appliances we will learn to use: Air Fryer, Oven, Stovetops, Toaster Oven, Blender, Chopping tools, Mandoline Slicer, Apple Corer, Bagel Slicer

## Foods We Want to Make

1. Tacos and Rice
2. Homemade Pizza
3. Pasta with Meat Sauce
4. Crescent Rolls three ways
5. Holiday Cookies
6. Smoothies and Protein Shakes
7. Wedge Salad and homemade dressing
8. Veggies and Dips
9. Pancakes
10. Eggs various ways
11. Popcorn chicken and French fries
12. Muffins
13. Grilled Cheese
14. Bagels different ways
15. Rice and Beans with Sausage
16. Rice Krispy treats
17. Healthy Ramen Noodles
18. Roasted potatoes