

## SKILLS LIST:

#1. Zesting!



#2. Slicing!



#3. Tossing



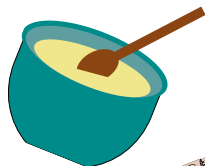
#4. Peeling



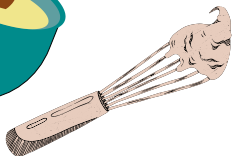
#5. Measuring!



#6. Mixing!



#7. Whisking!



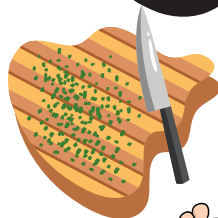
#8. Dicing!



#9. Pouring!



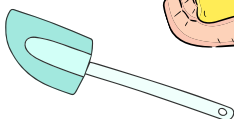
#10. Mincing!



#11. Rolling!



#12. Folding!



#13. Mashing!



#14. Dipping!



#15. Blending!



## OBJECTIVES



Display different skills we learned throughout the session!



Identify ways that we have improved from start to finish!

## SKILL SHOWCASE



5-7 min

Lay out the following iCook tools on a demonstration table:

- large bowl
- lettuce knives
- spatula
- spoons
- whisk
- fork
- zester
- measuring cups
- blender pitcher
- cutting boards



Starting at Skill #1 and working your way down, call up students and ask them to demonstrate that particular skill using the correct tool. They do not actually need to interact with an ingredient--they can just mime the motion!

- For example, for "Whisking," a student can take a whisk and a bowl and mime whisking together ingredients.

Once students have demonstrated the technique, ask them when they could use this technique.

- For example: What ingredients do you usually whisk?

Repeat until every student has gone. If you run out of techniques, have them loop back to the beginning!

- The more high-energy you are in your delivery, the more excited the kids will be!

## SKILL CARDS

Skill cards on the last two pages can be printed and used to help with the demonstration. Teachers can hold up the card while naming each skill, and students can use the card to help match the skill to the tool.

## CLASS ASSESSMENTS

Fill out the class assessment online and be sure to select the POST class option.

Ask students the simple questions and record the number of hands raised for each question.

Type of Assessment \*

- ☐ Pre-Assessment (First Day of Class)
- ☒ Post-Assessment (Last Day of Class)



## SKILL SHOWCASE

🕒 5-7 min

Once students have all shown off their talents, go through the questions below regarding what they learned in the class:

1. How many fruits and vegetables can we name?
2. Why is it important for us to eat protein every day?
3. Why do we measure our ingredients?
4. What are some kitchen safety rules?
5. What was your favorite recipe we made this semester?

## END OF THE SESSION

Be sure to clean up the class room and throw away all trash. As students are leaving, pass out the Certificates, found in the bin, for students to take home for completing the course!

- Wash and dry all equipment
  - Make sure none of the materials are still wet when packing up. (Items will mold)
- Follow your coordinator's instructions for retuning the bin
  - When shipping back, please remove all loose ingredients:
    - Flour, Sugar, etc.

## HAND OUT TO STUDENTS

### CONGRATULATIONS

**on completing Cooking Class!**

You did an amazing job slicing, dicing, mixing, and more!

*This certificate is proudly presented to...*

Keep cooking at home! Download our Cookbook by scanning the QR code.



Don't forget to visit our website for information about the next session!



**Zesting**



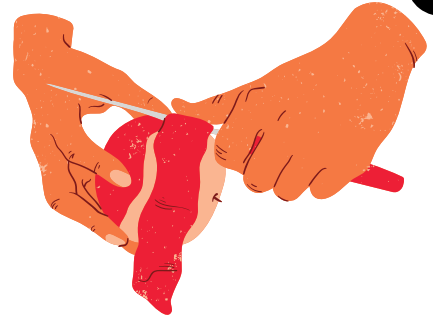
**Slicing**



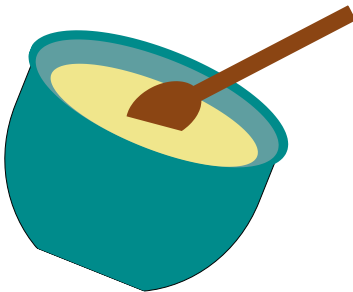
**Tossing**



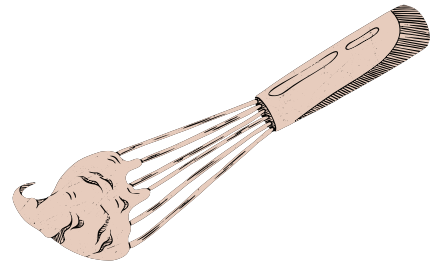
**Peeling**



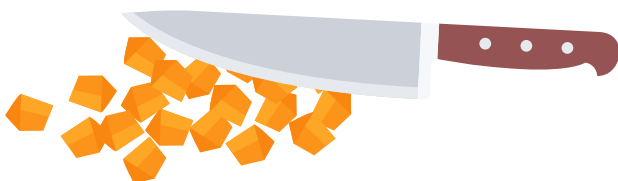
**Mixing**



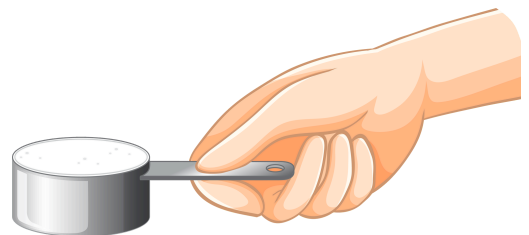
**Whisking**



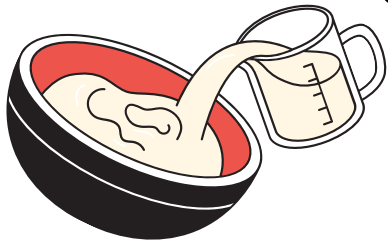
**Dicing**



**Measuring**



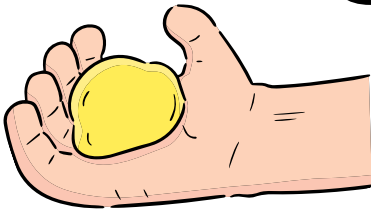
**Pouring**



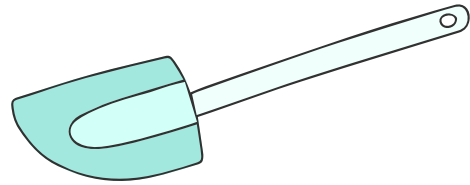
**Mincing**



**Rolling**



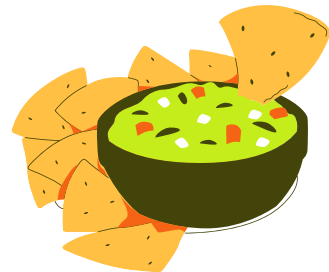
**Folding**



**Mashing**



**Dipping**



**Blending**

