



LITTLE CHEF SKILLS TRACKER



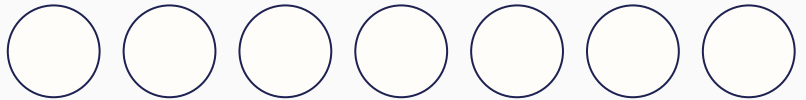
LET'S GET COOKING! TICK OFF THE SKILLS YOU'VE LEARNED AND
BECOME A CONFIDENT LITTLE CHEF IN YOUR OWN KITCHEN!

EACH TIME YOU TRY ONE OF THESE KITCHEN SKILLS, COLOUR IN A CIRCLE
OR PLACE A TICK INSIDE CAN YOU COMPLETE THEM ALL?

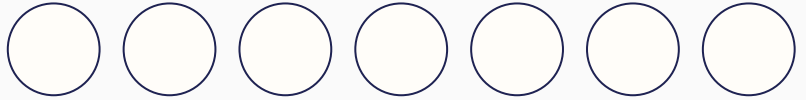
Your New Skills



I washed my hands before
cooking



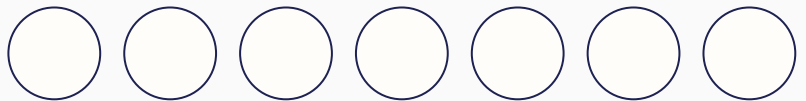
I washed my fruit and
vegetables



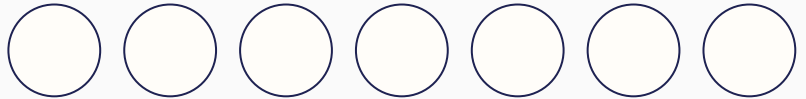
I used a knife safely



I used measuring cups



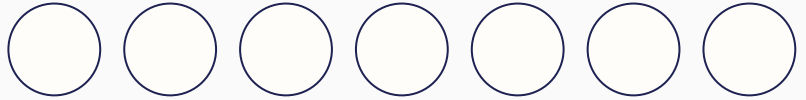
I mixed or stirred ingredients



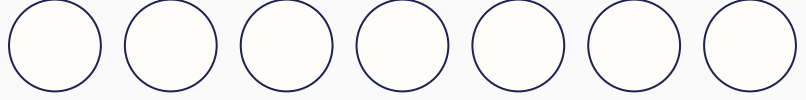
I tried a new herb or spice



I helped pack my
lunchbox



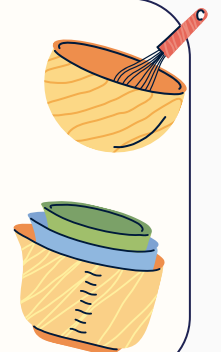
I peeled a fruit or
vegetable



I helped read a recipe



WHAT HAS BEEN YOUR FAVOURITE
SKILL TO LEARN?



LITTLE CHEF BADGES OF HONOUR

Once you've ticked all the boxes on your tracker you've earned your badge of honour! Colour them in and celebrate your success

1. Little Chef Badge
2. Safety Star
3. Helper Hero
4. Taster Badge
5. Recipe Reader
6. Prep Pro
7. Pouring Pal
8. Cleanup Champ
9. Mixing Master
10. Food Explorer

