LifeSkills Challenges: Cooking

Carry out these challenge tasks in discussion with a responsible adult. Document what you do with photographs/ selfies of each stage of the process.

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| **1** | ✓ | **2** | ✓ | **3** | ✓ |
| **Help to prepare a simple meal**  eg, measure/ line up the ingredients; wash/ prepare salad, fruit, vegetables; mix or stir; set the timer; lay the table with cutlery, and tableware; present the meal on the plate; serve. |  | **Choose one meal to prepare independently from a selection of three**  eg, cheese on toast, beans on toast, any kind of eggs on toast |  | **Find 3 recipes and cook a meal from one of these. Make a shopping list. Select/ buy the ingredients. Work out an estimate of how much this meal has cost to make.** |  |
| **How well did you do?** |  | **How well did you do?** |  | **How well did you do?** |  |
| **How would you like to improve on this?** |  | **How would you like to improve on this?** |  | **How would you like to improve on this?** |  |
| **Repeat this challenge** |  | **Repeat this challenge** |  | **Repeat this challenge** |  |
| **How well did you do?** |  | **How well did you do?** |  | **How well did you do?** |  |