



Kitchen Assessment Form
Created by Naomi A. Tucker



Name: _____
Date: _____
Place: Elcam Community Center Elcam, Inc., Saint Marys, Pennsylvania

Key Codes: **X** - Can perform the task independently
W/A – Can perform the task with assistance
W – Currently working on the task
_____ – Did not cover the task yet
N/A – Not applicable

Areas of Kitchen Safety, Food Safety Education, Microwave Cooking, Stove-Top Cooking and Baking:

Kitchen Safety (Based on the Kids Cook! book by Sarah Williamson & Zachary Williamson)

Category: **Fire Safety**

- _____ Keeps emergency numbers by the phone.
- _____ Knows where the Fire and Emergency Evacuation Plan near the closest EXIT is located.
- _____ Knows where a properly labeled and inspected fire extinguisher is located and available for immediate use.
- _____ Does not wear clothing with long, baggy sleeves while in the kitchen.
- _____ Keeps long hair pulled back while in the kitchen.
- _____ Uses pot holders when handling hot pots, pans and dishes.
- _____ Is careful of escaping steam when lifting lids.
- _____ Does not heat a pan full of oil.
- _____ Does not pour water over a burning pan.

Category: **Appliance Safety**

- _____ Does not submerge an electrical appliance in water.
- _____ Does not use electrical appliances near any water sources.
- _____ Unplugs electrical appliance after use.
- _____ Wipes electrical appliances with damp sponge or cloth to wash them.

Category: **Knife Safety**

- _____ Always uses an appropriately sized knife.
- _____ Pays attention to what he/she is doing when using a knife.
- _____ Uses a sharp knife correctly.
- _____ Does not use a dull knife.
- _____ Does not place a knife near the edges of counters and tables.
- _____ Keeps the sharp end of the knife pointed down when walking.

Category: **Identifying Utensils**

Can identify the following pans:

- _____ Sauce pan with fitted cover
- _____ Fry pan or skillet
- _____ Double boiler
- _____ Omelet pan

Can identify the following measuring utensils:

- _____ Mixing bowls
- _____ Glass measuring cup for liquids
- _____ Measuring spoons (1/8 teaspoon, 1/4 teaspoon, 1/2 teaspoon, 1 teaspoon, 1/2 tablespoon, 1 tablespoon)
- _____ Graduate measuring cups for solids (1/8 cup, 1/4 cup, 1/3 cup, 1/2 cup, 1 cup)

Can identify the following utensils:

- _____ Rubber spatula
- _____ Wooden spoons
- _____ Paring knife
- _____ Electric mixer
- _____ Metal spatula
- _____ Sifter
- _____ Metal grater
- _____ Wire whisk

Can identify the following baking pans and dishes:

- _____ Casserole dish with cover
- _____ 9" x 9" baking pan
- _____ 9" x 13" baking pan
- _____ Cookie sheet
- _____ Muffin pan
- _____ Wire rack for cooling

- _____ Layer cake pans
- _____ Bundt cake pan
- _____ Loaf pan for breads
- _____ Pie dish

Category: Using Utensils

Can properly use the following pans:

- _____ Sauce pan with fitted cover
- _____ Fry pan or skillet
- _____ Double boiler
- _____ Omelet pan

Can properly use the following measuring utensils:

- _____ Mixing bowls
- _____ Glass measuring cup for liquids
- _____ Measuring spoons
- _____ Graduate measuring cups for solids

Can properly use the following utensils:

- _____ Rubber spatula
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Category: Weights and Measures

Liquid Measure Equivalents

- _____ 3 teaspoons = 1 tablespoon
- _____ 2 tablespoons = 1 fluid ounce
- _____ 2 tablespoons = 1/8 cup
- _____ 4 tablespoons = 1/4 cup
- _____ 5 tablespoons + 1 teaspoon = 1/3 cup
- _____ 8 tablespoons = 1/2 cup or 4 fluid ounces
- _____ 2 cups = 16 fluid ounces = 1 pint
- _____ 4 cups = 2 pints = 1 quart
- _____ 1 quart = .946 liters
- _____ 1 liter = 1.06 quarts
- _____ 4 quarts = 1 gallon
- _____ 16 cups = 1 gallon

Dry Measure Equivalents

- _____ 2 pints = 1 quart

Weight Equivalents

- _____ 16 ounces = 1 pound

Food Safety (Based on FIGHT BAC! Across the Curriculum)

Category: Clean --- Wash hands and surfaces often

- _____ Washes hands after using the bathroom.
- _____ Washes hands with warm water and soap before preparing food.
- _____ Washes hands with warm water and soap after preparing food.
- _____ Washes hands with warm water and soap before eating food.
- _____ Cleans countertops before preparing food.
- _____ Rinses fruits and vegetables with cold running water before preparing them.

- _____ Rinses fruits and vegetables with cold running water before eating them.
- _____ Uses non-porous cutting boards.
- _____ Uses paper towels to clean up kitchen surfaces.
- Category: Separate** --- Don't cross-contaminate
- _____ Cleans the cutting boards used for raw meat, fish and poultry before using for any other foods.
- _____ Keeps raw meat, fish and poultry wrapped properly in the refrigerator so juices do not drip on other foods.
- _____ Uses a different cutting board for raw meat products.
- _____ Washes hands, cutting boards, dishes and utensils with hot soapy water after they come in contact with raw meat, poultry or seafood.
- _____ Does not place any food on a plate which previously held raw meat, poultry or seafood.
- _____ Places cooked meat, fish or poultry on a different platter than the one with the raw juices.

- Category: Cook** --- Cook to proper temperature
- _____ Rotates food in the microwave to avoid "cold spots."
- _____ Covers food, stirs food and rotates food for even cooking in the microwave.
- _____ Brings sauces, soups and gravy to a boil when reheating.
- _____ Does not eat raw cookie dough or cake batter.
- _____ Does not use recipes in which eggs remain raw or only partially cooked.
- _____ Makes sure eggs are cooked properly before consumption.
- _____ Does not eat undercooked ground beef.
- _____ Does not eat undercooked chicken.

- Category: Chill** --- Refrigerate promptly
- _____ Uses a cold pack for packed lunches or picnic foods.
- _____ Refrigerates leftover drinks right away.
- _____ Refrigerates leftover foods right away.
- _____ Defrosts foods in the refrigerator, under cold running water or in the microwave.
- _____ Does not defrost foods at room temperature.
- _____ Marinates food in the refrigerator.
- _____ Does not over-pack the refrigerator.

Learning Cooking Terms and Techniques (Based on the Deluxe Recipe Keeper by Debbie Mumm)

- _____ Baste (brushing, spooning or pouring liquids over food)
- _____ Beat (stirring or mixing vigorously)
- _____ Chop (cutting food into small but not mushy pieces)
- _____ Combine (mixing or tossing the ingredients until evenly distributed)
- _____ Cream (mixing ingredients until light and fluffy)
- _____ Crisp (soaking vegetables in ice water until they become crisp again)
- _____ Cut (breaking something into small pieces)
- _____ Cut In (combining solid, cold fats with dry ingredients to make small coarse pieces)
- _____ Deglaze (adding liquid to a pan to loosen browned food particles)
- _____ Dice (cutting food into small square pieces)
- _____ Dust (lightly coating food with a powdery ingredient)
- _____ Fold (gently mixing a light ingredient with a heavier ingredient without losing the fluffiness)
- _____ Grate (rubbing a solid food against a metal grater to get thin shreds, very fine pieces or thicker shreds of the food)
- _____ Julienne (cutting food into thin, four-sided strips)
- _____ Mince (cutting foods such as onions and garlic into very fine pieces)
- _____ Mix (combining dry ingredients, creamy ingredients and liquid ingredients until there are no clumps of any ingredient)
- _____ Pare (removing the thin outer covering or skin of a food, usually a fruit or a vegetable)
- _____ Plump (soaking foods in a warmed liquid so they swell and soften)
- _____ Puree (mashing or straining a soft or cooked food until it has a smooth consistency)
- _____ Shred (cutting or grating something into thin, uneven strips)
- _____ Slice (cutting food into thick pieces or strips)
- _____ Stir (mixing liquids or melted ingredients)
- _____ Steep (soaking a dry ingredient in a liquid that is hot in order to share the flavor and color of the liquid)
- _____ Whip (beating ingredients with a wire whisk or electric mixer until fluffy)
- _____ Whisk (beat ingredients together until they are well blended and smooth, but not as fluffy as when whipped)

Stove-Top Cooking (Based on the Deluxe Recipe Keeper by Debbie Mumm)

- _____ Blanch (cooking foods briefly in boiling water and then quickly cooling them in cold water)
- _____ Boil (cooking ingredients until bubbles rise rapidly to the surface)
- _____ Braise (browning food and then simmering food in liquid in tightly covered skillet until tender)
- _____ Brown (cooking food quickly until the surface is brown)
- _____ Caramelize (cooking sugar to a very high temperature until it melts to a clear brown liquid)
- _____ Fry (cooking food with oil or shortening in a fry pan or skillet until browned and cooked completely through)

- _____ Poach (cooking food slowly and gently to a simmer, not a boil)
- _____ Saute (rapidly cooking or browning food in a small amount of fat in a skillet or sauté pan)
- _____ Scald (heating a liquid to just below the boiling point where tiny bubbles begin to form around the edge of the pan)
- _____ Sear (exposing meat to a very high heat to quickly brown the outside while sealing the juices inside)
- _____ Simmer (cooking a liquid or a food in a liquid with gentle heat just below the boiling point where small bubbles slowly rise to the surface of the liquid)
- _____ Stir fry (quickly cooking vegetables or thin sliced meat in a hot skillet with a very time amount of oil)

Baking (Based on the Kids Cook! book by Sarah Williamson & Zachary Williamson)

- _____ Reads the entire recipe before he/she begins to make sure he/she has all the necessary ingredients and utensils.
- _____ Preheats the oven to the desired temperature about 15 minutes before beginning to bake.
- _____ Uses the pan size specified in the recipe and prepares it as directed.
- _____ Removes butter, margarine or cream cheese from the refrigerator to soften prior to baking.
- _____ Fills the pan with batter and immediately places it in a preheated oven.
- _____ Places cake pan or cookie sheet in the center of the preheated oven for even baking.
- _____ Rotates cookie pans from the top rack to the bottom rack halfway through the baking time when using two cookie sheets.
- _____ Cools the cookie sheets completely before reusing the same cookie sheets.
- _____ Does not over-bake or burn baked goods.
- _____ Does not place pans directly over one another in the preheated oven.
- _____ Uses a cake tester or inserts a toothpick into the center of a cake to check for doneness.
- _____ Does not open the oven during the first half of the baking time.

Key Codes: **Yes**
 No
 N/A – Not applicable

Special Dietary Needs (Based on Definitions of Disability and of Other Special Dietary Needs; Rehabilitation Act of 1973 and the Americans with Disabilities Act)

Category: **Food Allergy Management**

_____ Is aware of any food allergies or intolerances.

IF ANY: _____

_____ Avoids food intolerances or allergies.

_____ Follows allowable food substitutions or those substitutions prescribed by his/her licensed physician.

IF ANY: _____

Category: **Other Special Dietary Needs**

_____ Is aware of any dietary restrictions or special diet.

IF ANY: _____

_____ Follows his/her diet as prescribed by his/her licensed physician.

DATE OF LAST PHYSICAL: _____

Category: **Food Texture**

_____ Needs food cut up or chopped into bite-size pieces.

_____ Needs food finely ground.

_____ Needs food pureed.

Category: **Special Equipment or Utensils**

_____ Needs to use adaptive silverware.