

Checklist for Cooking/Kitchen Skills

Indicate whether the student can complete the skill independently or the level of prompt that is needed. Also indicate the frequency with which the student needs or would use the skill. Place an asterisk by those skills considered to be of the highest priority.

I = Independent

V = Verbal prompt

M = with Model or Pictorial prompt

P = Partial physical assistance

F = Hand over hand assistance

N = Never tried

Frequently = On a daily basis

Often = Weekly

Seldom = Monthly or less

Never = Is not appropriate or never taught

Prompt	Frequently	Often	Seldom	Never
I. Open /close containers				
Unscrews lid				
Screws lid on				
Opens box with tuck flap (e.g., cereal)				
Closes box with tuck flap				
Rotates lid to open position (e.g., spice, parmesan cheese)				
Rotates lid to closed position				
Opens flip-top cap (e.g., spice, ketchup)				
Removes plastic lid				
Replaces plastic lid				
Operates manual can opener				
Operates electric can opener				
Tears open sealed paper pouch (e.g., chips, dry soups)				
Opens sealed paper bag (e.g., flour)				
Unties twist tie				
Ties twist tie				
Removes plastic twist lock				
Replaces plastic twist lock				
Folds top of open bag and places clip on (e.g., chip bag)				
Uses "church key" (e.g., opens evaporated milk)				
Removes plastic strip (e.g., frozen juice)				
Peels off plastic, cardboard, or foil seal (e.g., yogurt, frozen dinner)				
Peels off metal seal with tab (e.g., canned pudding)				
Opens pull tab (e.g., pop/soda can)				
Cuts sealed package open (e.g., ziploc bag of shredded cheese)				
Removes shrink wrapping				
Applies plastic wrapping				
Applies foil				
Opens ziploc bag				
Closes ziploc bag				
Closes envelope plastic bag				
Opens drop door (e.g., oven, dishwasher)				
Closes drop door				
Opens hinge door (e.g., refrigerator)				
Closes hinge door				
II. Measurement				
Measures dry ingredients using measuring cups				
Measures dry ingredients using measuring spoons				
Measures liquid ingredients using measuring cups				
Measures liquid ingredients using measuring spoons				
Measures soft solids (e.g., yogurt, sour cream)				
Measures hard solids (e.g., shortening, peanut butter)				
Measures chunky solids (e.g., chocolate chips)				

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	Cuts solids into proper measure (e.g., butter)				
III. Cooking utensils					
	Stirs liquids				
	Stirs soft solids (e.g., pudding)				
	Stirs items on stove				
	Cuts with dull knife				
	Cuts with sharp knife				
	Grasps with tongs				
	Scrapes with spatula or scraper				
	Flips with pancake turner				
	Spreads with knife				
	Peels with peeler				
	Grates with grater				
IV. Major appliances					
	Turns on/off burner knob(s)				
	Sets oven controls/temperature				
	Sets timer				
	Uses digital touch microwave				
	Uses microwave with turn knob				
V. Small appliances					
	Operates toaster				
	Operates toaster oven				
	Operates hand held electric mixer				
	Operates electric mixer				
	Operates coffee maker				
	Sets controls on electric fry pan/griddle				
	Operates blender				
	Operates food processor or salad maker				
	Operates crock pot				
	Operates popcorn popper				
VI. Hand actions					
	Shakes/sprinkles (e.g., salt, pepper)				
	Depresses spray nozzle (e.g., nonstick spray coating)				
	Rubs (e.g., butter)				
	Pours				
	Cracks eggs				
	Places baking cups in muffin pan				
VII. Prepares non cooked items					
	Cold cereal				
	Sandwich				
	Fruit				
	Relishes (e.g., carrot sticks)				

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Powdered drinks				
Frozen juice				
Instant pudding				
VIII. Prepares simple cooked items				
Instant cereal				
Instant drinks/soups (e.g., hot cocoa)				
Toaster items (e.g., pop tarts, toast)				
Frozen microwave dishes				
Prepackaged microwave dishes (e.g., rice)				
Frozen pizza				
Boils				
Grills				
Cake type mixes				
Batters (e.g., pancakes)				
Canned soup				
Simple prepackaged items (e.g., macaroni & cheese)				
Eggs				
Peels hard cooked eggs				
Frozen vegetables				
Baked potatoes				
Heats leftovers in microwave				
Follows simple, pictorial recipes				
IX. Prepares cooked foods				
Follows written/picture recipes				
Broils meats				
Microwaves meats				
Bakes/roasts meats				
Batters				
Stir fry				
X. Plans meals and snacks				
Makes grocery list				
Plans cooked breakfast				
Plans cold breakfast				
Plans snacks				
Plans cold lunch				
Plans hot lunch				
Plans supper/dinner				
Plans party				
XI. Related functional academic skills				
Performs action shown in one picture				
Follows series of picture instructions				
Follows instructions with pictures and words				
Follows instructions written in words				
Selects given grocery item from drawer or shelf				
Selects given cooking utensil				

Checklist for Cooking/Kitchen Skills

Selects given cooking vessel				
Selects given preparation containers				
Selects given storage containers				
Identifies numbers to set timer, microwave, oven control				
Identifies ounces, pounds, liters				
Identifies fractions				
Discriminates hot/cold				
Discriminates sizes, shapes, and colors				
Discriminates various textures				
XII. Safety skills				
Washes and dries hands				
Uses apron				
Uses potholders				
Places handles of pots and pans on stove correctly				
Refrigerates appropriate items				
Checks food for spoilage/contamination before using				
Maintains clean sink and counter area				
Washes utensils following contact with raw meat				
Discriminates clean/dirty				
XIII.				
XIV.				
XV.				