



BUILD
SKILLS

Check out what I can do!

It's fun to keep track of cool new kitchen skills and things you are trying. Keep this sheet somewhere handy and continue to add to it in the coming weeks and months. Once you complete this sheet, feel free to start another one as you always learn and try new things!

New foods I tried:

Food

Liked it?

New kitchen skills:

Food Facts:

ex: there are about 2,500 types of apples grown in the US

Foods I can cook (or help cook):