There are a number of food skills and cooking techniques which are required to prepare, cook and serve a range of dishes.

**Get Ready**
Before cooking, prepare yourself and your work area, so you can start work in a safe and hygienic way.

**Weigh and Measure**
Weigh and measure ingredients accurately using a range of different utensils, such as weighing scales, measuring jugs and spoons.

**Prepare Ingredients**
Prepare ingredients using a range of different food skills. You can adapt a preparation method to create your own recipe.

**Cook**
Different cooking methods are suitable for different foods. When cooking a dish, you may wish to experiment by combining different flavours and cooking methods.

**Serve**
Serve the dish in a visually appealing way, with side dishes which reflect healthy eating recommendations.

- **Serve**
  - Use contrasting colours and garnishes
  - Consider table settings
  - Add complementary side dishes
  - Use interesting serving dishes
  - Serve an appropriate portion size

- **Cook**
  - Roast
  - Bake
  - Microwave
  - Boil
  - Steam
  - Stir-fry
  - Casserole

- **Prepare Ingredients**
  - Chop, holding the knife safely
  - Cut, using the bridge hold
  - Trim, using the claw grip
  - Grate, being careful not to grate knuckles
  - Peel, using a vegetable peeler
  - Mix, using a piece of equipment safely

- **Weigh and Measure**
  - Weigh and measure accurately using a range of utensils, such as weighing scales, measuring jugs and spoons.

- **Get Ready**
  - Tie back long hair, wear an apron, remove jewellery and roll up sleeves.
  - Wash your hands!