## The little chef's skills chart

We've grouped our cooking skills into 3 stages to help you chart your little chef's progress, but of course you'll know best when they're ready to try something a bit trickier. Each time they try a new skill, help them pop a sticker on to show what they've achieved. Before you know it, they'll work their way towards earning their little chef's apron.

Mixing

with your

hands

**Drizzling honey** or maple syrup

**Pouring** 



Dipping (in egg, flour)

Pressing the blender on and off

Sprinkling (spices, herbs, grated cheese, seeds)



Squeezing

lemon

Brushing pastry (with egg, butter)

Bashing

**Breaking** broccoli or cauliflower into florets

**Picking** herb leaves off stalks



**Topping** pizzas

dish

(cornflakes, meringues)

Crumbling

or grating

cheese

(banana, potato)

Mashing



Layering ingredients

> Grating carrot or courgette

Rubbing butter in flour (pastry. crumble)

Is your little one a 'handy helper' now? Email us a photo of them demonstrating one of their new skills and we'll send them a medal



Stirring

Rubbing garlic and

herbs onto meat\*

Shaping patties and burgers by hand

Rolling meatballs **Filling** muffin cases

**Spreading** 





**Pounding** 

chicken

flat\*



Cracking

eggs

(manual)



Making foil parcels (fish in foil) Putting

little hands well after touching raw meat



Congrats – now you have a **little chef** in your kitchen! Send us a photo of them with their completed chart and we'll send them a Little Dish little chef's

\*Remember always to wash



Getting

started

Weighing out ingredients Little chef

Separating

egg yolks

and whites

Cooking is great fun but please make sure you're keeping a close eye on safety at all times.

**Tossing** 

vegetables in

oil with your

hands



fruit on

skewers