

HEALTHY EATING & COOKING SKILLS

CHEF NAME: _____ MONTH: _____

COOKING SKILL / HEALTHY HABIT	COMPLETED	POINTS
Washing & Prepping Fresh Vegetables		5
Measuring Dry & Liquid Ingredients		5
Trying a New Fruit or Vegetable		10
Assisting with Safe Knife Skills (Peeling/Chopping)		10
Reading a Nutrition Label Correctly		5
Preparing a Balanced Plate (Protein, Veg, Grain)		15
Kitchen Clean-up & Dishwashing		10

MILESTONE REWARDS

25 Points: Extra 30 minutes of play time

50 Points: Choose the menu for weekend dinner

75 Points: New kitchen tool or apron

"Good food is the foundation of genuine happiness."