

VEGETABLE PREP SKILLS

Chef Name: _____

Month: _____

PREPARATION SKILL

PRACTICE ROUNDS

MASTERY

The Scrub & Wash Cleaning root vegetables thoroughly

Peeling Safety Using a peeler away from the body

The "Claw" Grip Tucking fingers while slicing

Uniform Dicing Cutting pieces into equal sizes

Station Cleanup Composting scraps and wiping down

Goal & Reward

Complete all practice rounds to earn: