

SKILLS CATALOG

KITCHEN HELP, BAKER'S
ASSISTANT



**PROJECT
AION**

Iceland 
Liechtenstein
Norway grants



Iceland Liechtenstein Norway grants

The AION project benefits from a grant of € 195828 received from Iceland, Liechtenstein and Norway under the EEA Grants.

The aim of the project is to develop a comprehensive, systemic model of preparation for professional activity of people with deeper intellectual disabilities.

Preparation of professional laboratories with training programs and methodology.

Development of a coherent and systemic strategy for supporting the employment of people with intellectual disabilities on the labor market in cooperation with the District Labor Office in Sosnowiec.

Working out a path of professional development and a strategy of inclusion in the open and / or protected labor market, taking into account the educational, legal, organizational housing for schools, people with disabilities, public institutions and entrepreneurs that can potentially employ people with disabilities.

Skills catalog
Kitchen help, baker's helper

1. I'm cleaning the kitchen
2. I prepare cold and hot drinks
3. I prepare dishes from vegetables and fruit
4. I bake bread and cakes

RATING:

green color – task completed correctly

Red colour – you should continue to practice the skill

The student can start learning the next skill when both assessments (self-assessment and teacher feedback) are green.

I'M CLEANING THE KITCHEN

Level 1

Skill	Self-esteem	Information from the teacher
I know when dishes and accessories need washing		
I know where particular equipment, dishes and accessories are located		
I distinguish cleaning products (e.g. dishwashing liquid, dishwasher detergent, cleaning milk, etc.)		
I know the rules of hygiene in the kitchen		
I know the safety rules		
I know how to store food products		

I'M CLEANING THE KITCHEN

Level 2

Skill	Self-esteem	Information from the teacher
I can wash dishes in the sink		
I can put dishes in the dishwasher		
I can run the dishwasher		
I put the dishes and equipment back where they belong		
I dose and use appropriate cleaning products		
I take care of hygiene and appropriate sanitary conditions in the kitchen (e.g. replacing sponges, cloths, etc.)		
I actually store my produce to keep it fresh for as long as possible		
I follow safety rules		

I PREPARE COLD AND HOT DRINKS

Level 1

Skill	Self-esteem	Information from the teacher
I name and distinguish devices used to prepare drinks		
I distinguish types of glasses, mugs and cups		
I distinguish between coffee, tea and herbs		
I know where the necessary utensils and equipment for preparing drinks are located		
I know how to turn on the kettle		
I know how to turn on the coffee machine		
I know how to run a blender		
I know the safety and hygiene rules when preparing drinks		

I PREPARE COLD AND HOT DRINKS

Level 2

Skill	Self-esteem	Information from the teacher
I serve cold drinks in appropriate glasses		
I serve coffee and tea in appropriate glasses and cups		
I can boil water in a kettle		
I prepare cocktails and smoothies		
I make different types of coffee in an espresso machine		
I clean up after preparing and consuming drinks		
I apply safety and hygiene rules when preparing drinks		

I PREPARE DISHES FROM VEGETABLES AND FRUITS

Level 1

Skill	Self-esteem	Information from the teacher
I name and distinguish kitchen appliances and accessories used for processing vegetables and fruit		
I name and distinguish vegetables and fruit		
I know and distinguish spices and herbs		
I know how to prepare vegetables and fruits for processing		
I know how to cut vegetables and fruits		
I know how to peel vegetables and fruits		
I know how to grate		
I know how to store vegetables and fruits		
I know where to put the waste		
I know the safety and hygiene rules when processing vegetables and fruit		

I PREPARE DISHES FROM VEGETABLES AND FRUITS

Level 2

Skill	Self-esteem	Information from the teacher
I wash vegetables and fruits before processing		
I peel vegetables and fruits		
I can cut		
I know how to use a grater		
I can shred		
I prepare dishes from vegetables and fruits (salads, raw salads, cocktails, jams, compotes, juices)		
I can use a blender		
I separate bio-waste		
I apply safety and hygiene rules when preparing dishes		

I BAKE BREAD AND CAKES

Level 1

Skill	Self-esteem	Information from the teacher
I recognize the accessories and devices needed for product cakes (board, mixer, food processor)		
I recognize the accessories and devices needed for baking cakes (bread baking oven, oven, baking tins)		
I know the role of regulations and recipes		
I know how to measure and weigh products		
I know where the equipment and accessories needed for baking are located		
I recognize types of flours, sugars, etc.		
I know the safety rules to follow when baking		

I BAKE BREAD AND CAKES

Level 2

Skill	Self-esteem	Information from the teacher
I operate the oven		
I operate the stove		
I operate a bread oven		
I act in accordance with recipes and regulations		
I can prepare bread dough		
I am preparing shortcrust pastry		
I can make a sponge cake		
I clean the kitchen after work		
I apply safety rules that must be followed when baking		