



Basic Techniques for Cooking with Confidence

OBJECTIVE

Develop **confidence in the kitchen**, learning and applying **basic cooking techniques**, essential to prepare simple, safe and balanced meals.

YOUR MISSION

Choose a **simple meal** and identify the **basic cooking techniques** you'll use to prepare it.

Step 1 – Choose the meal

- **Chosen meal:** _____
(e.g., vegetable soup, rice with vegetables, omelette, pasta with simple sauce)

Step 2 – Basic Techniques

Check the techniques you will use:

- ☐ Washing and preparing food
- ☐ Cutting vegetables safely
- ☐ Baking
- ☐ Sauté
- ☐ Bake
- ☐ Grilling
- ☐ Seasoning correctly

WHAT TECHNIQUE SEEMED EASIEST TO YOU?

WHICH ONE REQUIRED THE MOST ATTENTION?



Step 3 – Safety in the kitchen

During preparation, confirm that:

- ☐ You used the knife safely
- ☐ You kept the bench organized
- ☐ You controlled the heat/temperature
- ☐ Tasted the food carefully

Step 4 – Evaluate the result

After cooking, reflect:

- Did the dish turn out as you expected? ☐ Yes ☐ No
- What would you do differently next time?

ANSWER:

FINAL REFLECTION

Answer individually:

1. What basic technique do you think is most important for cooking with confidence? Why?

2. What simple dish would you like to learn how to make on your own next?

FOODWISELAB TIP

Cooking well isn't about making complicated dishes — it's about mastering **simple techniques** and repeating them with confidence.