

Food Management Skill Assessment

The following questions will help you identify food management skills in which you excel and target those which you need to develop. By yourself or with your team try to answer each of the questions as honestly as possible. After completing this independent living skills assessment, review it with your team and identify those skills you would like to strengthen.

	I do not know how to do this	I need to know more about this	I can do/have done this
1. Can prepare a simple meal for myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Know which foods are nutritious/healthy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Can shop for items on a grocery list using coupons and checking for sales.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Know how to cook and bake using the right cooking utensils and appliances.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Know how to store food to prevent its spoiling and can identify food that has spoiled.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Know how to check packaged food for freshness and to check for the date of expiration.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Know how to prepare packaged, frozen, or canned foods according to the directions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Use good consumer skills in grocery shopping. Choose fruits and vegetables for freshness and check freshness dates on dairy and meat products.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Using a food budget, can plan a menu of nutritious meals for a week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Am able to cook nutritious meals for a week using a planned menu.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Can cook using recipes from a cookbook and know how to increase or decrease the ingredients to feed more or fewer people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Can shop for the ingredients and prepare a traditional dish from my own cultural background.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>