



CULINARY WORKBOOK • VOLUME 1

MY JUNIOR CHEF BIO

EVERY GREAT CHEF HAS A STORY.
THIS PAGE IS WHERE YOURS BEGINS.



CHEF NAME: _____

TODAY'S DATE: _____

AGE: _____

MY HOMETOWN: _____



THE TASTE BUD FILES

TOP-SECRET FLAVOR INTEL.
CHEFS ONLY.



The one food I could eat every single day:

YUM!

A food I used to say "no way" to... but now I love:



My go-to snack when I'm super hungry:



A flavor from another country I want to taste:



The weirdest food I have ever tried:



A mystery food I'm brave enough to taste next:



MY KITCHEN SUPERPOWERS

EVERY CHEF HAS THEM.
WHAT ARE YOURS?



My trusty sidekick (favorite kitchen tool):

A dish I can cook ALL by myself:



My secret-weapon spice or seasoning:



The most delicious thing I have ever made:



A chef skill I'm training to master next:



My signature move in the kitchen:



NO MISTAKES,
JUST DISCOVERIES.



COOK.
LEARN.
CREATE.





MY COOKING STYLE

THERE'S NO WRONG ANSWER. CHECK ALL THAT FIT!



MY TASTE BUDS GO WILD FOR:

☐ Spicy☐ Sweet☐ Savory☐ Sour☐ Crunchy☐ Creamy☐ ALL OF IT!

IN THE KITCHEN, I AM:

☐ Fearless Taster☐ Careful Measurer☐ Mad Flavor Scientist☐ Speedy Sous-Chef☐ Taste-Test Boss

IF I OPENED MY OWN RESTAURANT, ITS NAME (IN BIG LIGHTS) WOULD BE:



THE DREAM FEAST I'D COOK FOR MY WHOLE FAMILY:



FLAVOR MISSION

DO YOU ACCEPT, CHEF?

TOP SECRET MISSION

Your mission: hunt down **THREE** foods you've never tried before and taste them like a pro. When you complete a taste test, check the box and stamp your verdict!

1. _____

☐ Tried it!☐ Loved it!

2. _____

☐ Tried it!☐ Loved it!

3. _____

☐ Tried it!☐ Loved it!

TOOL MATCH-UP

DRAW A LINE FROM EACH TOOL TO ITS SUPER-JOB!



WHISK



TONGS



PEELER



ROLLING PIN



LADLE



SPATULA



- Flips pancakes without a splat
- Whips air into eggs and cream
- Scoops soup like a champion
- Grabs hot food like robot fingers
- Rolls dough flat as a pizza
- Strips the skin off veggies



COOK. LEARN. CREATE.

NO MISTAKES, JUST DISCOVERIES.



KNIFE SKILLS DICTIONARY



Learn these knife skills words like a pro!



CLAW

The hand shape you make to hold food steady while cutting. Fingers curled, knuckles high — like a friendly bear paw!



PINCH

The grip where your thumb and pointer finger pinch the knife blade near the bolsters. Three fingers wrap the handle.



CHEF KNIFE (SHEF nife)

The big, all-purpose kitchen knife with a curved blade. A chef's best friend for almost every cut!



DICE (DYSS)

To cut food into small, even cubes. Like tiny building blocks for your dish!



BRUNOISE (broo-NWAHZ)

Super-tiny dice — about 1/8 inch! The fanciest, most precise cut in the kitchen.



JULIENNE (joo-lee-EN)

Long, thin strips like little matchsticks. Perfect for stir-fry and salads!



MINCE (MINSS)

To chop into the teeniest tiny pieces possible. The go-to cut for garlic and herbs!



CHIFFONADE (shif-oh-NAHD)

Roll up leafy herbs or greens and slice into thin ribbons. Fancy AND fun to say!



BATON (bah-TAWN)

Thick sticks of food, like chunky French fries! A bigger, bolder cut.



SLICE

A simple, straight cut through food — thin or thick. The very first cut every chef learns!





KNIFE SKILLS WORD SEARCH

DATE: _____

FIND ALL 10 CULINARY CUTTING WORDS!

G	C	H	I	F	F	O	N	A	D	E	R
T	K	B	R	U	N	O	I	S	E	L	B
S	L	I	C	E	M	P	Q	W	X	Y	A
V	D	F	G	M	I	N	C	E	H	J	T
K	L	P	Q	R	S	T	U	V	W	X	O
C	Y	J	U	L	I	E	N	N	E	Z	N
L	A	B	D	F	G	H	J	K	M	P	Q
A	D	I	C	E	R	S	T	U	V	W	X
W	Y	Z	B	D	F	G	P	I	N	C	H
E	F	G	H	J	K	L	M	P	Q	R	S
T	C	H	E	F	K	N	I	F	E	U	V
W	X	Y	Z	A	B	D	G	H	J	K	L

PRO TIP!

Two words go top-to-bottom!
CLAW and BATON are hiding vertically.

FIND THESE WORDS!

→ Look across and down!

● CLAW

☐

● PINCH

☐

● CHEF KNIFE

☐

● DICE

☐

● BRUNOISE

☐

● JULIENNE

☐

● MINCE

☐

● CHIFFONADE

☐

● BATON

☐

● SLICE

☐

DID YOU KNOW?

Learning these cutting techniques
helps you cook like a pro!
Practice makes perfect!

