Cooking basics skills tracker

Learn to cook step by step: twelve basic skills to tick off, a page of go-to meals, and Health Canada's safe cooking temperatures on the sheet.

NAME _____ DATE _____

Skill	Tried ☐	Confident ☐	Notes
Boil rice or grains			
Cook pasta			
Eggs three ways			
Roast vegetables			
Cook chicken pieces safely			
Cook dried beans or lentils			
Make a soup or stew			
Stir-fry			
Make a sauce			
Bake something simple			
Pack a lunch for the week			
Use leftovers safely			

GO-TO MEALS

My go-to meal	Main ingredients	Time	Cost per serving

Use a food thermometer for meat, poultry and leftovers.

SOURCES (CHECKED 2026-11-26)

Health Canada lists safe internal cooking temperatures including 74°C (165°F) for poultry pieces and for leftovers, and 71°C (160°F) for ground beef, pork and veal. https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-internal-cooking-temperatures.html (checked 2026-11-26)
Health Canada advises using separate cutting boards for produce and raw meat. https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-internal-cooking-temperatures.html (checked 2026-11-26)