Food Preparation and Cooking Methods

- Wash fresh sweet potato or tuber with clean water
- Peel tuber
- Dice tuber
- Measure and add to pot
- Mash into a paste when cooked
- Wash roast with clean water
- Finely slice
- Finely chop
- Measure and add to pot
- Wash fish with clean water
- Add to pot and boil
- De-bone
- Mash
- Measure and add to pot
- Wash egg with clean water
- Break into bowl
- Scramble well
- Add to pot
- Remove poor quality peanuts
- Roast and remove skins
- Pound
- Measure and add to rice soup to make a paste
- Add to pot
- Wash vegetables with clean water
- Finely cut
- Finely chop
- Measure and add to pot

Snack Preparation

- Wash mango with clean water
- Slice
- Scoop out flesh with a tablespoon
- Mash
- Wash bananas with clean water
- Remove part of skin
- Scoop out flesh with a tablespoon
- Mash

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