




























Food Preparation and Cooking Methods

 Wash fresh sweet potato or taro with clean water	 Peel tuber	 Dice tuber	 Measure and add to pot	 Mash into a paste when cooked	 Wash meat 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 banana with clean water	 Remove part of skin	 Scoop out flesh with a tablespoon	 Mash
---	--	--	--	---	--	--	---