



Skill:

Focus in the Kitchen

Name: _____



It's more fun to work in the kitchen making "yummy" recipes if you work on "focus". Focus is the ability to complete each step without losing your mind to thoughts and distractions.

Cooking in the kitchen is a fun and exciting activity, but it can also be dangerous if you are not focused on what you are doing. To make sure your safety, it is important to learn how to increase your focus level while cooking.



Tips:

1. **Start by washing your hands** with soap and water. This will help you get in the right mindset for cooking and increase your focus.
2. Before you start cooking, **take a deep breath and clear your mind**. This will help you focus on the task at hand and prevent distractions.
3. **Make a list** of all the ingredients and tools you will need before you start cooking. This will help you stay organized and focused.
4. **Read the recipe** carefully and make sure you understand each step before you begin. This will help you avoid mistakes and stay focused on the cooking process.
5. **Set a timer** for each step of the recipe. This will help you stay on track and focus on one task at a time.
6. **Turn off all distractions**, such as the TV or music, while you are cooking. This will help you focus on the sounds and smells of the food.

FOCUS – for everyone’s safety, fun in the kitchen, and being able to enjoy cooking.

7. **Practice mindfulness while you are cooking.** This involves *being aware* of your thoughts and feelings in the present moment. This will help you stay focused and enjoy the cooking process.

8. **Use All Your Senses:** Cooking involves all your senses, so use them to stay focused and engaged. Smell the aromas of the food, listen to the sizzling sounds, touch, and feel the ingredients, and taste the food at different stages of the cooking process. Engaging all your senses will help you stay focused and interested.

9. **Take Your Time:** Cooking is not a race, so take your time and enjoy the process. Rushing to finish a recipe can lead to mistakes and accidents. Remember, the goal is to cook delicious food safely and with focus.

Remember, cooking can be fun and safe if you stay *focused* on what you are doing. By following these tips, you can improve your focus while cooking and ensure your safety in the kitchen.

Happy cooking!