



Information for those 'Cooking at Home' for the Skill section of their DofE

There are four key rules to follow:

1. You must cook every week.
2. It doesn't matter what you cook but you have to show progression over the period of time that you cook for. For example each week you need to be cooking something that is slightly harder or requires different skills or techniques. You can get recipes from books, the internet or your family members.
3. You complete the evidence sheet (see below) every week together with at least three photos, one of which must show you in it; cooking.
4. When you have filled in the evidence sheets, you need to upload them to your EDofE account each week (see below on how to do it). If for some reason you can't do this, then you can submit the pages to your leader either printed out or on a memory stick.

How to upload them to your E DofE account:

1. Before you upload it right click on one of the photos in the document and click 'format picture' then click 'compress' then check the 'all pictures in document' and click ok. Any problems email me on d.clapham@npt.gov.uk
2. To add this document onto your EDofE account, log into your account at www.edofe.org then click on the 'skill' section dial and then click on 'add more evidence' at the bottom. When its says 'what type of evidence would you like to add', choose 'other' then select the cooking sheet and upload it.

Evidence Sheet for Cooking

The following two pages MUST be completed and uploaded as evidence to the skills section of your EDofE account or handed into your DofE leader.

Name.....

Date that the meal was cooked.....

What did you cook?.....

What were the ingredients:

Explain the process of cooking the meal, what did you do in what order?

What new skills did you learn cooking this meal? Were you happy with the finished food? What would you do differently next time?

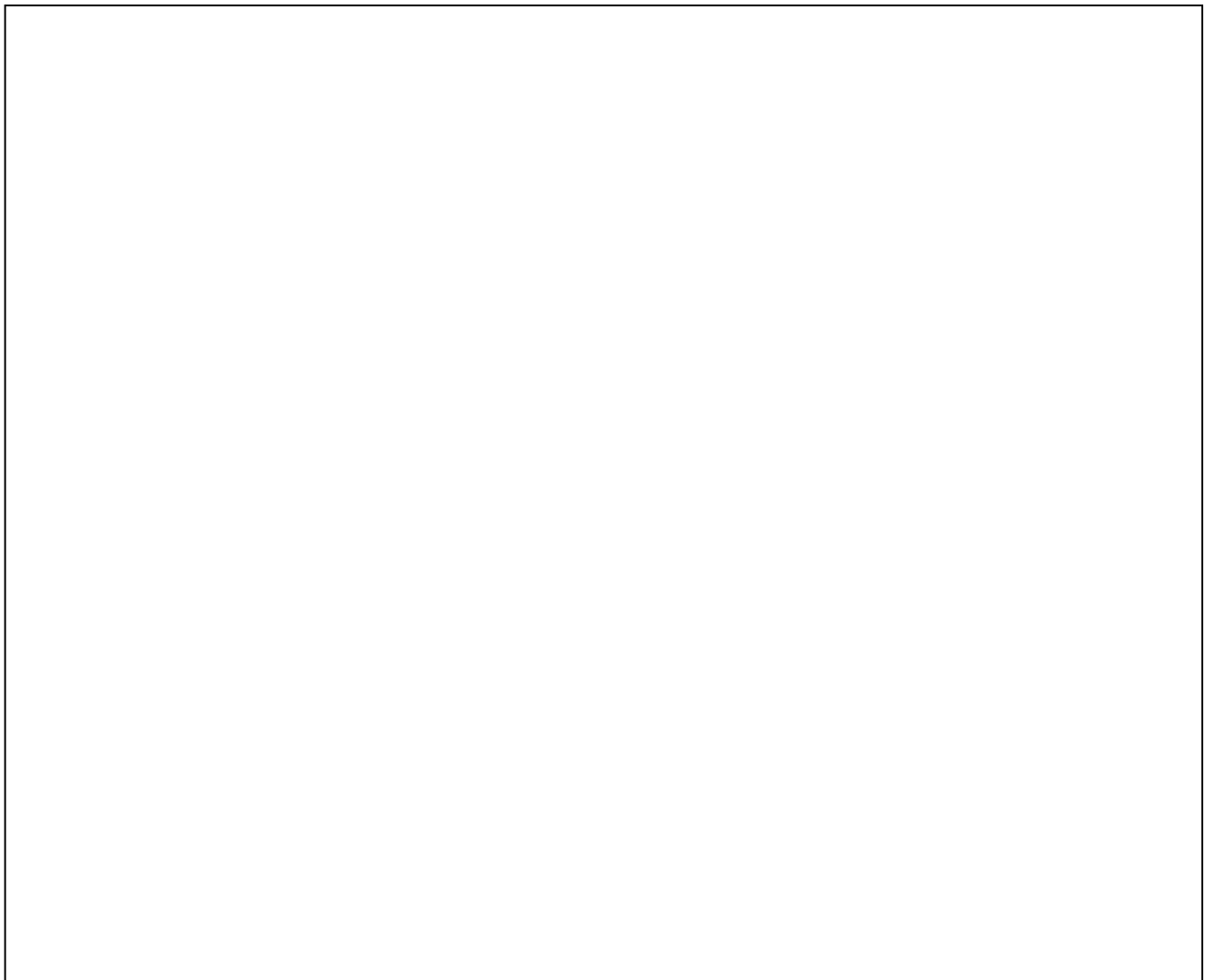
Photo's!

Insert at least three photos of you cooking in the pages below.

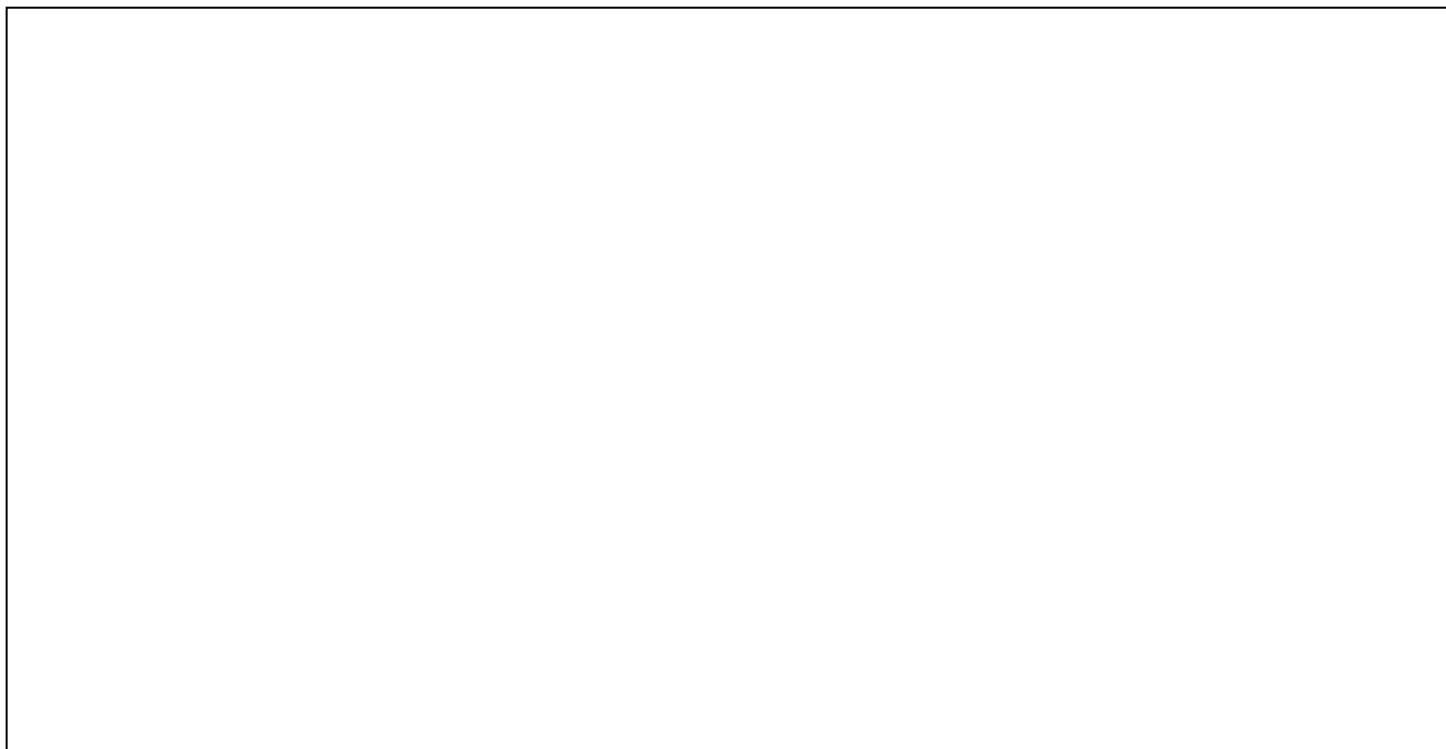
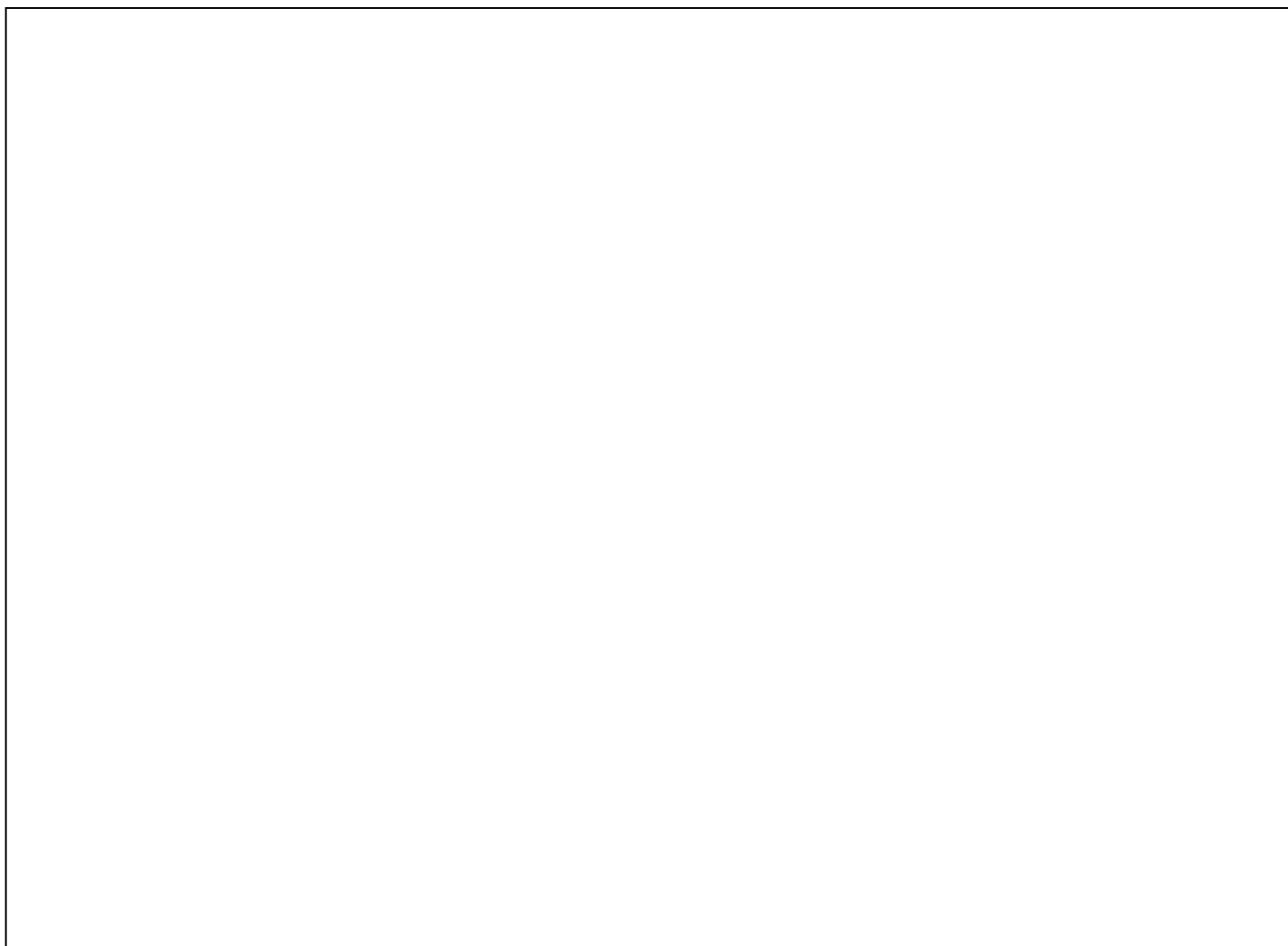
At least 1 photo must clearly show it is you cooking and 1 must be of the final meal

To insert photos then click inside the box so the cursor appears then click on insert at the top of the page and select ' picture' then select 'from file' and find the picture on your computer.

DATE -

A large, empty rectangular box with a thin black border, intended for students to insert their cooking photos. The box is currently blank.

Date.....

A large, empty rectangular box with a thin black border, occupying the upper half of the page. It is intended for drawing or writing.A second large, empty rectangular box with a thin black border, occupying the lower half of the page. It is also intended for drawing or writing.

