

## Competences and skills to be assessed

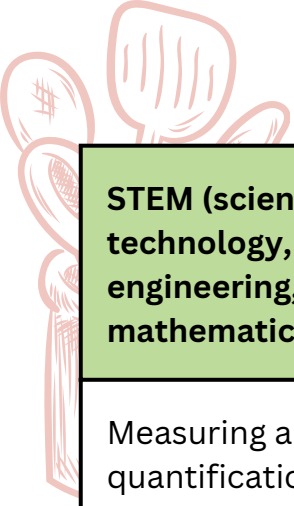
Specified skills and competences will be assessed with marks from 1 to 3 as defined in the instructions. In case the assessment is not applicable, mentor or educator should mark the corresponding field. If the assessment is not applicable, please mark N/A in the column.

Psychological / emotional	Prior	After
Motivation		
Confidence		
Creativity		
Positive self-image		
Self-esteem		

## Procedural / cognitive

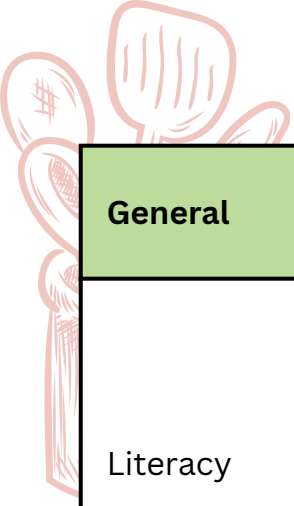
STEM (science, technology, engineering, mathematics)	Key performance indicators	Prior	After
Hands-on skills	<ul style="list-style-type: none"><li>• Use of tools (when chopping, stirring, mixing...)</li><li>• Use of equipment (cooking utensils and appliances)</li><li>• Perform specific techniques (boiling, steaming, frying and baking)</li></ul>		
Calculation skills	<ul style="list-style-type: none"><li>• Perform basic math calculations (addition, subtraction, multiplication)</li><li>• Solve simple math problems (conversion, scaling)</li></ul>		



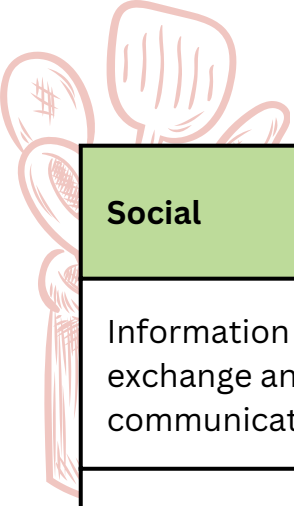


<b>STEM (science, technology, engineering, mathematics)</b>	<b>Key performance indicators</b>	<b>Prior</b>	<b>After</b>
Measuring and quantification skills	<ul style="list-style-type: none"><li>• Measure solid ingredients</li><li>• Measure liquid ingredients</li><li>• Practice fractions</li></ul>		
Observation and classification skills	<ul style="list-style-type: none"><li>• Categorize and sort out</li><li>• Identify shapes and sizes</li><li>• Recognize solid, liquid and gas states</li><li>• Identify basic phase transformations</li><li>• Observe physical changes and chemical reactions</li><li>• Identify acids, bases and salts</li></ul>		
Inquiry / experimentation skills	<ul style="list-style-type: none"><li>• Follow instructions</li><li>• Follow basic steps of scientific methodology (Make observations, make predictions/ form a hypothesis, Perform experiments/ test the hypothesis, Make decisions/ make a conclusion)</li></ul>		





General	Key performance indicators	Prior	After
Literacy	Reading and writing skills like spelling, syntax (sentence structure), new vocabulary, grammar, writing fluently, writing in content areas, communicate ideas through writing, developing written communication.		
Temporal organisation / time management	Initiating actions or steps of task without hesitation, continuing action through to completion of task, logically sequencing the steps of the task, terminating actions or steps at the appropriate time.		
Awareness of oneself and one's body and sensory awareness	Ability to feel one's body and oneself during the educational activities, maintaining an even and appropriate pace during tasks.		
Space and objects related to pre-cooking and cooking knowledge/skills	Search for and locate equipment and materials, gather equipment and materials for the task, organise equipment and materials in an orderly and logical fashion, put away equipment after use.		



Social	Key performance indicators	Prior	After
Information exchange and communication	Engage in a conversation, seek clarifications during tasks, share information, listening skills.		
Relationship	Respect towards others, respect personal space.		
Team working	Ability to work in a group and cooperate with other people.		

