## KITCHEN PLANNING

## FORM 3: Checklist for Kitchen Activities [CLIENT CHECKLIST]

**Instructions**: Review the list of activities in each section. If it is an activity that you do, or want to do in the kitchen, place a check in the first **column**. Then check the appropriate location and frequency columns. Extra lines are left in each section for you to add activities as needed.

Food Preparation, Cooking, and Serving Activities										
<b>✓</b>	Activity	Location						Frequency		
		Sink	Cooktop	Oven	Microwave	Refrigerator	Prep Area	Other (Specify)	Often	Sometimes
	Bake: bread									
	Bake: foods made from mixes									
	Bake: foods made from scratch									
	Bake: frozen prepared foods									
	Broil foods									
	Can food: for preservation									
	Chop, carve, and slice foods									
	Cook: breakfast									
	Cook: dinner									
	Cook: lunch									
	Deep fry foods									
	Dehydrate foods: for preservation									
	Entertain: cook and serve meals for guests									
	Entertain: guests help cook									
	Entertain: pot luck/shared meals									
	Freeze food: for preservation									
	Freeze food: large quantity meals for later use									
	Freeze food: leftovers									
	Fry foods									
	Grill foods: indoors									
	Grill foods: outdoors									
	Hire a caterer: serve foods prepared elsewhere									
	Hire a caterer: prepare foods in your kitchen									