



First Week Cooking Confidence Challenge

Build your skills step by step with one short cooking task each day. Keep it simple, stay curious, and have fun!

Day 1 – Know Your Kitchen

Take 10 minutes to organize your workspace. Identify your basic tools and clear a cooking area.

Day 2 – Knife Skills

Practice safely chopping an onion or carrot. Focus on consistency and control.

Day 3 – Heat Awareness

Experiment with low, medium, and high heat using a frying pan. Notice how oil behaves at each level.

Day 4 – Seasoning Basics

Cook scrambled eggs or pasta and practice seasoning lightly, then adjusting for flavor.

Day 5 – Cook a One-Pan Meal

Try sautéing vegetables or chicken in one pan. Focus on timing and doneness cues.

Day 6 – Roast Something Simple

Roast any vegetable with oil, salt, and pepper. Learn how caramelization changes flavor.

Day 7 – Reflect & Celebrate

Write down what you learned this week and what dish made you proud. Confidence grows from reflection!

Pro Tip: Cooking confidence comes from practice — not perfection. Small wins each day make big progress!