

Section 0: Knife Training

Lesson Items:

- Markdown Document for Knife Identification
 - Explain all the different kinds of knives and what they are used for
- Video demonstrating Safe Knife Use
 - Make sure to keep your fingers out of the way and use a sharp knife
- Video demonstrating different types of cutting lingo
 - Slicing, Chopping, Dicing, Mincing
- Quiz for knife skills

Section 1: Introduction to Breakfast

Lesson Items:

- Video demonstrating the different kinds of egg preparation methods
 - Scrambled, Fried, Boiled, Poached
- Video demonstrating the preparation of bacon
 - Soft and crunchy bacon
- Simulation for American-style breakfast
- Recipe for American-style breakfast

Section 2: Introduction to Dinner

Lesson Items:

- Markdown for how to cook rice
 - Washing, seasoning, cooking
- Markdown for how to cook pasta
 - Seasoning, boiling, straining
- Video for cooking stirfry
- Recipe for Stirfry
- Video for cooking beef pasta
- Recipe for beef pasta