**Food Preparation and Nutrition**

Bowl Protein(s)

Bridge Presentation Carbohydrates Rubbing in

Chopping Recipe

Claw Rolling

Combining Shaping

Sieve Simmering

Dairy Vitamins

Diet Water

Evaluation Weight

Fats Weighing

Fermentation Whisking

Fibre

Yeast

Flour Glazing

Hygiene

 Ingredient Kneading Knife/knives

Melting Minerals