



Orientation: Session 1

Video links to complement learning

- [How to handwash? With soap and water \[video\]](#) | World Health Organization (length: 1:26)
Learn how to properly wash hands with soap and water.
- [How to measure wet and dry ingredients \[video\]](#) | AllRecipes.com (length: 4:04)
Learn how to accurately measure all kinds of dry and liquid ingredients so you can bake and cook with confidence and precision.
- [Tips for washing vegetables and fruit \[video\]](#) | UnlockFood.ca (length: 1:37)
Knowing how to wash different types of vegetables and fruit will keep your food tasting great and safe to eat.
- [How to core and slice an apple \[video\]](#) | How to Stuff (length: 1:25)
This video shows you how to safely core and slice an apple.
- [How to cut bell peppers \[video\]](#) | Oregon Child Nutrition Programs (length: 2:06)
This video shows you how to safely cut a bell pepper.
- [How to dice tomatoes \[video\]](#) | Oregon Child Nutrition Programs (length: 1:51)
Easy steps for dicing tomatoes.
- [How to cut and core an avocado \[video\]](#) | Eat Right (length: 0:36)
Here's how to quickly and neatly cut this versatile fruit.