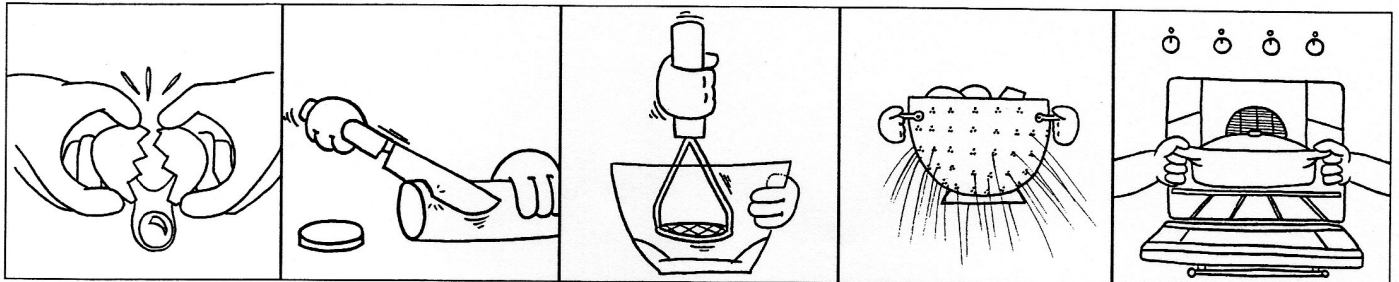


FICHE UTILITAIRE : ACTIONS ET QUANTITÉS

PRÉNOM : _____



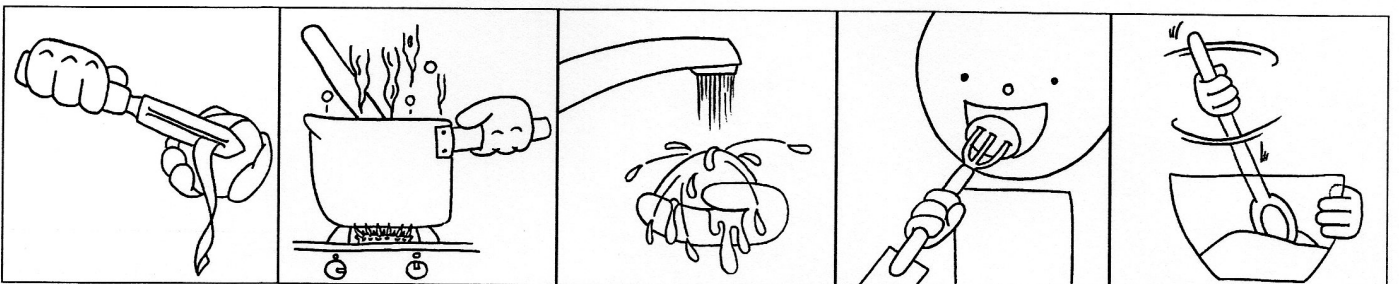
casser

couper

écraser

égoutter

enfourner



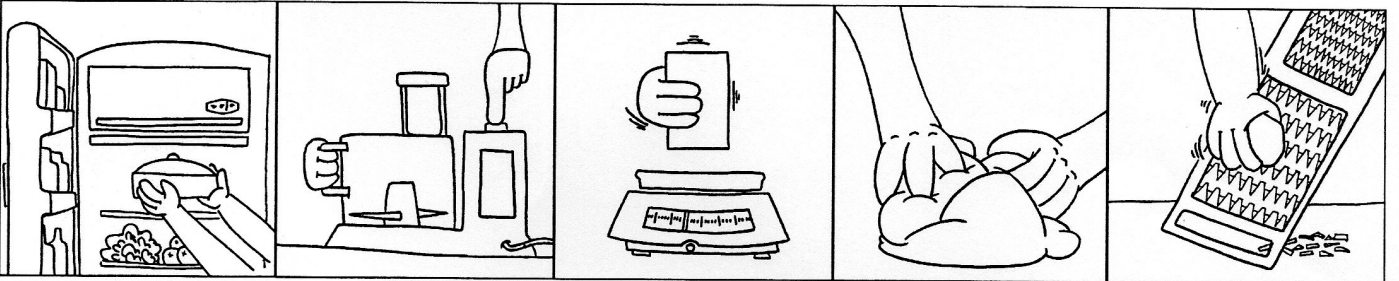
éplucher

faire cuire

laver

manger

mélanger



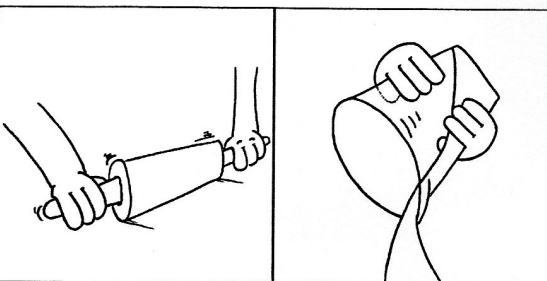
mettre au frigo

mixer

peser

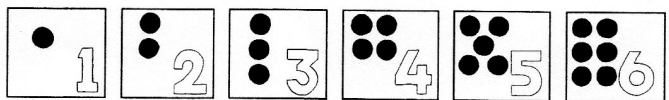
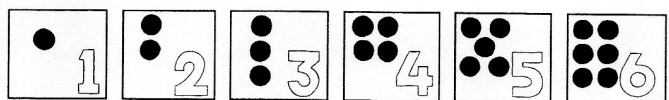
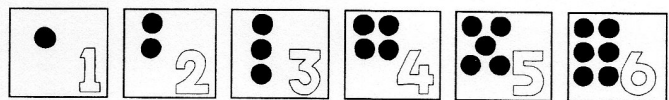
pétrir

râper





rouler

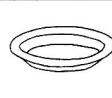
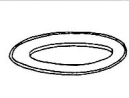


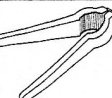
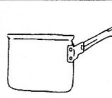



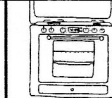



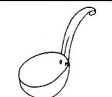

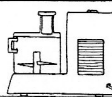
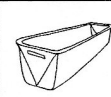



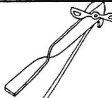
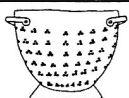



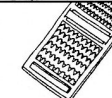
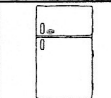
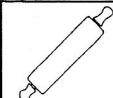

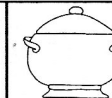
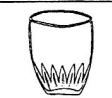

verser



FICHE UTILITAIRE : INGRÉDIENTS ET USTENSILES

PRÉNOM : _____

									
ananas	banane	beurre	sel gros	sucre	lait	carotte	cerises	citron	crème fraîche
									
eau	fraise	gruyère	huile	jambon	kiwi	levure	moutarde	noix	œuf
									
oignon	orange	pain de mie	pâtes	petits suisses	poire	poireau	pomme	pomme de terre	confiture
									
raisin	riz	farine	sel fin	chocolat	thon	tomate	vinaigre	yaourt	

									
assiette creuse	assiette plate	balance	bol	casse-noix	casserole	couteau	cuillère à soupe	cuillère en bois	cuisinière
									
éplucheur	fouet	fourchette	louche	marmite	mixeur	moule à cake	moule rond	moule à tarte	moulin à légumes
									
ouvre-boîte	passoire	planche à découper	poêle	presse-purée	râpe	réfrigérateur	rouleau à pâtisserie	saladier	soupière
									
verre	verre mesureur								