

Sample Skills to Practice In Cooking Elective

Communication

- make choices between tools to be used in the recipe (using picture or object choices for spoons, blender, bowls, measuring cups, etc.)
- make choices between ingredients (using picture or object choices for flour, spices, water, baking powder, sugar, apples, butter, etc.)
- make choices about tasting
- make choices about smelling different items
- use the Voice Output Device (e.g. Step-by-Step Communicator) to provide the next step to the recipe.

Fine Motor & Participation

- have student set up at a station with hand over/under hand assistance (e.g., operating the can opener with the Powerlink) so that all classmates must come to the student for assistance to open their cans for the recipe
- use a switch to run a blender, chopper or mixer with an AbleNet Powerlink
- stretch out arms and hands to use tools and reach for equipment
- where applicable, reach or point for the choice of activity using objects or pictures
- use hand over hand assistance to help measure and pour ingredients
- assist the student with set up and putting away the materials, tools and ingredients, to practice functional hand skills
- use hands to wash up before cooking and clean up after cooking
- use both hands to roll out dough or sprinkle ingredients on the item, pat pie crust, flatten cookies or open jars
- increase tolerance for sensory experiences (e.g., holding the mixer or blender)

Gross Motor Participation

- engage in the activity while standing in a standing frame or side-lying board as indicated by physiotherapist
- where possible, have the student move to gather tools and ingredients to bring to a table (mobility in wheelchair)

Vision

- where appropriate, have the student work on vision skills as outlined by your vision teacher using the objects and/or pictures
- if the student can make choices with a recipe picture board, have him/her use this to indicate which items need to be added next
- combine vision with olfactory senses (e.g., smelling ingredients)