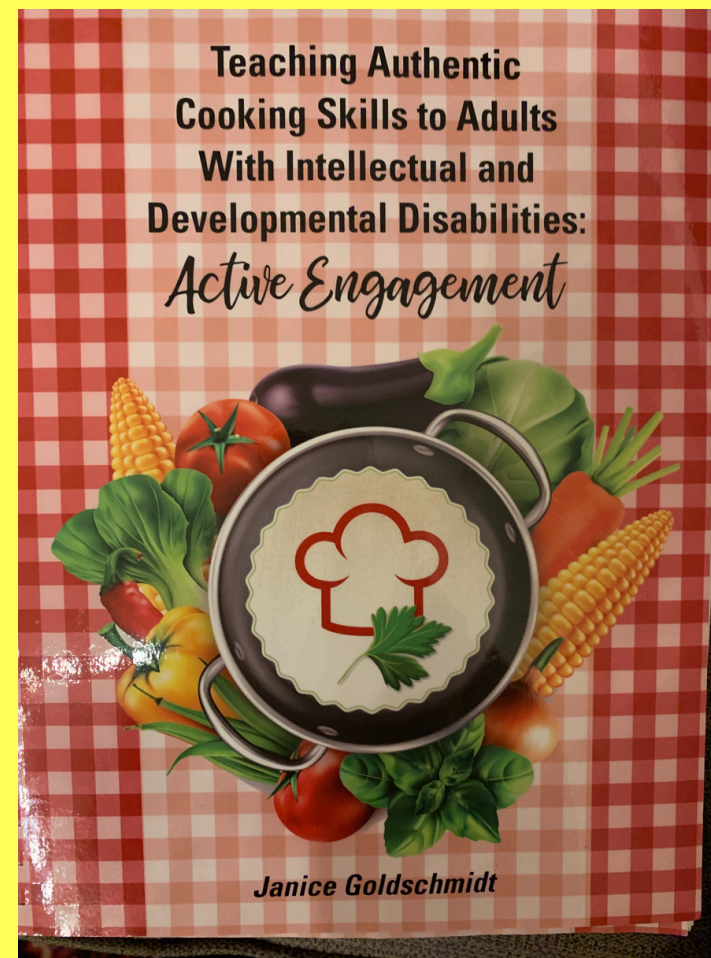


Welcome to the





- 1) Promotes healthy eating habits and teaches important life skills to promote independence and self-determination**
- 2) Supplies information on adapted cooking tools and techniques**
- 3) Covers meal preparation basics like reading a recipe, measuring, opening packaging, and food safety**

Healthy Eating Options

Each class, I strive to present healthy recipes

Please feel free to adapt recipes for specific dietary concerns

- gluten free
- heart healthy
- low sugar

INDEPENDENCE

- Low Hover Factor- Choose recipes that don't make the parent STRESSED
- Use Appliances that you feel comfortable using:
Electric Skillet, Toaster, Sandwich Maker
Doesn't recommend microwave/stove

Do What Works For You

INDEPENDENCE -continued

- Stirring - Practice with a bowl of dry beans
- Spreading - Stabilbilization board (non-slip)
- Cutting/Slicing - Adaptive knife
- Measuring - Colored cups, over sink or dish towels

Make Up Songs for each skill

Independence - continued - Sepearate Discussions

- Adaptive Tools- for cooking skills and opening packaging
- Setting up your kitchen

Simplicity = Independence

- Food Hacks - Pre - Cut Veggies, Pre-Cooked proteins



- Pictorial Recipes
- Less Ingredients/Less Steps

Safety in the kitchen

Food Safety

- Washing Hands (sing Happy Birthday)
- Dealing with raw meat

Cutting

- Adaptive Knife

Appliances

- Oven - Dish Towel/Hot Mitt
- Microwave - NO METAL/ Seconds not minutes

Self - Determination

CHIOCE - Each class I offer recipe options.

"Cooking is part Driver's Ed, part Art Class"

Driver's Ed

- Kitchen Safety
- Food Safety

Art Class

- Choice
- Execute a design