

Meal Preparation

Department: Independent Living Skills

Priority: high /core class

Overall purpose of class:

This class is designed for both students learning to cook and for those who want to learn adaptations to continue cooking and increase their independence. Adaptations are created and utilized to:

- Compensate for sensory loss
- Facilitate cooking with one hand and arm
- Facilitate cooking from a seated position
- Conserve energy
- Simplify tasks
- Assure safe cooking practices

Nutrition, planning, shopping and socialization and cleaning up are covered. Students also become aware of medications interactions with foods.

Number of classes held per week:

1-2 depending on demand

Optimum class time:

Class requires 90 minutes minimum. Two hours before the lunch period is ideal.

Instructor requirements:

1 with assistance as needed

Number of students:

Determined by space, number of wheelchairs, safety factors.

Student ability range and limitations:

Impulsivity and safety issues need adequate supervision.

Space and Equipment requirements:

- Fully equipped kitchen
- Adapted cutting boards, knives, spatulas
- Can openers
- Mirror
- Large handled things
- One handed appliances.
- Ingredients
- Cookbooks

Student Needs to be met from the perspective of the instructor:

Increased independence in kitchen. Learn to make adaptations to decrease fatigue.

Typical Student Goals that lead to placement in the class:

Students who request this class typically love cooking or frequently have never cooked and want to live more independently.