

You Can Cook!



Snacks, Salads, Sandwiches and more...



**A Visual Cookbook with
easy-to-follow recipes**

You Can Cook! will help you teach your child, student, or adult with a disability how to make tasty lunches and snacks independently and safely. It is also designed for anyone who finds it easier to follow visual instructions when cooking.

These simple, nutritious recipes are formulated around learning the basic skills required to cook – chopping, spreading, grating, and mixing – and include a couple of microwave dishes as well.

You Can Cook! comes with a simple but effective plastic chef knife that allows children and adults who cannot handle regular knives safely to make their own meals independently. This tool alone has opened a whole new window of opportunity for many. It's both exciting and rewarding to watch a person with few kitchen skills gain the ability to make a hearty sandwich or wrap from beginning to end and enjoy the results with a face beaming with pride.

You Can Cook! can help this happen in your home or classroom as well.



This cookbook is dedicated to the ever-inspirational young adults and dedicated staff of the NSDRC's STAGE Cooking Program in North Vancouver, BC.



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You Can Cook!

Why a visual cookbook? The idea for this cookbook was hatched through the development of a cooking class for young adults with developmental disabilities. The Healthy Choices Cooking Class was created to teach these eager learners the skills they need to **make nutritious meals and snacks for themselves** – a rather tall order, since most had very little cooking experience. With that came the need for visual cues, ie recipes, that the participants could use both during the class and best of all that they could use at home. This is what independence is all about. And thus a cookbook was born.

At the heart of both the class curriculum and the book is the concept of foundational transferable cooking skills – **spreading, chopping, mixing, grating, opening tins and packages, toasting and using a microwave**, among others. Each class was focused around one skill, and used a corresponding recipe. First the skill was practiced in isolation, then applied to a dish. Once the learners mastered even a simple thing like spreading butter properly on a piece of bread, it made it possible for them to make themselves a sandwich. This is truly a significant accomplishment as any parent or teacher knows.

What's with the green knife? There are many adaptive tools that can aid children and people with disabilities in the kitchen. The chef-style knife that has been included with this cookbook however, is the most enabling tool to independent cooking that we know of. Most commonly called a lettuce knife, we've found that it **cuts just about any food safely**, with the exception of really tough foods like melon rinds and raw meat. Now that's something!

What about adaptive equipment? There are many other helpful products one can buy to make cooking safer and easier. One of our favorites is a can opener that cuts around the side of a tin, making the edges safe to handle. Other tools worth getting are the **colour-coded measuring spoons** and cups (shown below). All are available in kitchen or grocery stores. Additional knives can be purchased through www.kitchenniche.ca



We encourage parents, teachers, and caregivers to take some time to teach the skills mentioned above to those in your care. With these visual recipes, the special chef knife, and some help from you, even the most timid will find that they **really can cook!**

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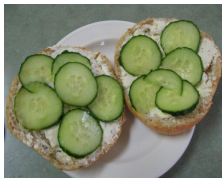
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There are many different foods you can choose from to make these recipes. Try chicken instead of ham, or mozza cheese instead of cheddar. Have a look on the 'CHOICES' page for ideas.

SYMBOLS:



Caution – HOT!

This symbol on a recipe means the dishes can get hot! Allow food to cool before handling or eating. You may want to use a pot holder.



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The green knife included with this cookbook can be used safely for any recipes showing a chef knife.











Lettuce Salad



NEED:

knife	cutting board	paper towel	salad bowl
			
lettuce	1 tomato	vegetables	salad spoons
			

DO:

1	wash lettuce 	dry on paper towel 	tear into pieces 
	cut vegetables   		toss with spoons 
	cut tomato + add to salad  		serve with dressing 

Lesson Plan		Bagelwich Recipe		(page 16 & 2 of <i>You Can Cook!</i>)	
		&			
		Stuffed Celery			
Transferable skills: spreading, cutting, toasting (optional)					
Notes: This plan is designed so that a large group can be separated into two smaller groups in two rooms – kitchen and eating area; or keep all as one group. It also allows for eating time, but students could wrap the food and eat later if a shorter lesson time is preferred.					
Supplies: Plastic Chef Knives; Clean Scrubbie Pads (approx 6x7 in); Butter Knives; small bowls for ketchup; cutting board; Bagel Cutter/Holder (optional); Toaster (optional)					
Food: Ketchup for spreading practice; Bagels (1 each); cucumber, cream cheese, deli/lunch meat. Celery & peanut butter for side snack					
10:00 – 10:10 am					
<ul style="list-style-type: none">➤ Intro format of class – 2 groups which will take turns practicing skill, cooking, setting table and cleaning up. Can choose fun names for groups, ie Cooking Cowboys, Cool Chefs etc.➤ Intro of reading and using recipe➤ Intro of plastic chef knives➤ Demo of spreading practice – use butter knives on dry green scrubbie, then with a spread ie ketchup (easy to clean up)					
10:10 – 10:40am Group I			10:10 – 10:40am Group II		
In Kitchen:			In Dining Room:		
<ul style="list-style-type: none">▪ wash hands▪ go thru recipe▪ do short ‘dry’ spreading practice▪ bagel demo – cutting & spreading-----▪ each participant cuts his/her own bagel, toasts it & spreads cream cheese on▪ while waiting for turn at toaster each cuts his/her own celery & cucumber slices▪ for side snack, stuff celery sticks with peanut butter or cream cheese & cut into pieces▪ General clean up of prep area			<ul style="list-style-type: none">▪ practice spreading skills with butter knife, green scrubbie & ketchup (10 mins)▪ Stress angle of knife, hear sound of scraping on dry scrubbie when done correctly▪ Rinse scrubbies for next group▪ Staff can use this time also to go thru recipe, talk about nutrition or spreading challenges, or other topic▪ Cleanup, wash hands, set table for both groups▪ Make juice/drink if having		
10:40 – 11:10pm			10:40 – 11:10		
<ul style="list-style-type: none">▪ Eat!▪ Clean up table			<ul style="list-style-type: none">▪ Group goes to kitchen to prepare their lunch; clean prep area		
11:10 – 11:40pm			11:10 – 11:35pm		
<ul style="list-style-type: none">▪ Hands on practice with scrubbies & ketchup in kitchen▪ Final kitchen cleanup			<ul style="list-style-type: none">▪ Eat!		
			11:35 – 11:40		
			<ul style="list-style-type: none">▪ Clean up table		

Teaching Transferable Cooking Skills

Here are some ideas for cooking skills practice. Isolating and repeating each skill several times gives the practice students need to be successful when working with food.

Transferable Skill

Can Practice During Week By...

- | | |
|--|--|
| 1) Stirring | ^ Mixing different coloured dry medium in bowl |
| 2) Cutting | ^ Can use adaptive sharp plastic knife – practice with playdough/clay |
| 3) Spreading | ^ Soft playdough on bread-sized object |
| 4) Flipping | ^ Use playdough in pan on cold stove |
| 5) Peeling /Grating | ^ Making veggie snacks to share – carrots/cucumber; shred cheese for melts |
| 6) Wrapping | ^ Using plastic wrap on sandwich-sized object and over bowls; Ziplock sandwich bags |
| 7) Stove skills | ^ Putting pots & pans on cold stove correctly; showing where hi/med/lo is on dial; potholder skills |
| 8) Microwave & Timer skills | ^ Encouraging regular use at home; Having students bring heatable lunches from home; Make a chart with visual directions to go beside microwave |
| 9) Measuring/Counting | ^ Using dry medium like kidney beans in measuring cup; practicing with water |
| 10) Opening cans & bottles, boxes & packages | ^ Having staff & parents send empty cans to practice on – specialized can opener leaves no sharp edges! Practice using scissors to open packages |
| 11) Straining | ^ Using cold water and marbles (or similar) graduating to hot/boiling water |