



{inclusion outreach}

1031 Lucas Avenue

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www.inclusionoutreach.ca

Ideas for Inclusion in Cooking

Start with the cooking activity the class is doing. How will all students participate in the activity? If a student has multiple and complex disabilities, what active role can they take? Next, consider adapting the materials or processes to enhance participation. Finally, add specialized equipment to further enhance participation. Students who do not eat by mouth still benefit from participation in all aspects of cooking activities including meal planning, preparation, cooking, presentation and cleanup.

Taking a role a group:

- Use a spinner to select a recipe
- Find a recipe in Accessible Chef www.accessiblechef.com
- Read the recipe directions to the small group using AAC
- The student interviews their classmates to ask their work, their food presentation style choices, taste and texture preferences etc.
- Gather ingredients from the fridge for the group
- Help alongside classmate with washing up the dishes, and tidying the kitchen
- Work with a group to do baking for a school fundraiser sale



Respect

Competence

Inclusion

Presence

Choice



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Adapt the materials:

- Use a sturdy surface with a non-slip mat or damp cloth under the mixing bowl
- Large handles or build up handles with cylindrical foam can assist grasp on kitchen implements and utensils
- A universal cuff or EZ hold grip can be added to a utensil for a student who needs assistance to grasp
- Crinkle cutters for veggies or plastic lettuce knives and fruit can be a safer alternative to metal knives
- Use a culinary brush to grease baking pans or spread sauces

Use a AbleNet Powerlink and switch to operate small non-digital kitchen appliances:

- mixer
- blender
- food processor
- popcorn popper



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