

# FOLLOWING A RECIPE

## Activity summary

Eating is essential to our health and directly influences the quality of human life.

This set of activities deals with aspects related to eating: preparing meals, the characteristics and storage of food, safety and hygiene measures in the kitchen, using electric appliances, dishware and utensils, etc.

The activities focus on the skills needed to achieve independence in preparing meals; a task necessary in becoming autonomous.

A recipe is a description of the steps that need to be followed to make a dish. It states the ingredients, how the dish is made (preparation), and the utensils that will be needed in the process.

## Materials needed

1. Recipe book
2. Video demonstrating a recipe being made
3. Adapted recipe with illustrations
4. Measuring cups/spoons and a food scale
5. A variety of ingredients
6. Kitchen utensils and appliances: cup, glass, spoon, knife, whisk, coffee maker, toaster, mixer, bowls, microwave, etc.

## Practice

1\_ Explain to the individual what a recipe is and what parts it contains:

- **What is the purpose of a recipe?:**
  - To prepare new dishes.
  - To remember the steps and amount of ingredients that make up a dish.
  - To pass down from generation to generation how to make certain dishes.
  
- **What is in a recipe?:**
  - Name of the dish.
  - Ingredients.
  - Way to prepare it.
  - Level of difficulty.
  - Estimated preparation and cooking times.

2\_ Practice reading recipes together (depending upon his/her capabilities, work with adapted recipes with illustrations or work with videos).

3\_ Make different dishes following recipes:

- Calculate and measure amounts.
- Follow the steps just as they are set forth in the recipe.