

TCES Occupational Therapy Department



Cooking Guidance and activities that can be done at home

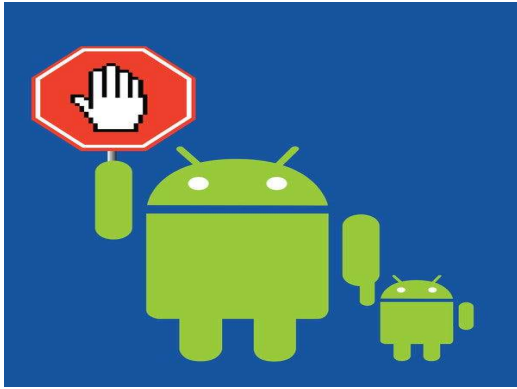
Why is cooking important?

Cooking is important because it allows you to meet your basic self – care need which is to eat and take in nutrition into your body. This allows you to grow healthy and have the mental and physical stamina required to engage in your daily activities of living. Cooking also allows you to develop your independent skills and express your creativity. So when at home cooking should be an activity you engage in. If you are not confident in the kitchen on your own yet, that's perfectly fine as you can cook with your parents, carers, siblings or family members and learn from each other as well as share cooking ideas.

When needing to cook at home these are the things to consider:

Step 1: Gain Parental Consent -

Ensure you have gained consent from your parents, guardians or the person who is responsible for looking after you. It is vital to keep your parents/carers in the loop and ask if they are happy for you to cook in the kitchen and use the utensils. It is also a great way to find out if your parents, siblings, carers or family members would like to join you in the cooking activities you're doing. Also letting people know when you intend to use the kitchen is helpful so that you avoid busy periods when the kitchen is being used by a lot of people. This will allow you to carefully schedule a time when the kitchen usage is quiet and ensure you don't feel rushed or under pressure when cooking.



Step 2: Safety

In everything we do we must always consider safety as a number one priority. Safety has to be considered when cooking or preparing to cook. Firstly observe the kitchen environment that you are going to cook in and ensure it is safe by checking you have adequate ventilation or a window to let out steam and heat while cooking, check your exit and access points are clear should in case you need to run out when there is an emergency. Ask your parents/carers if there is a fire alarm in place or near the kitchen area. Ensure your environment is clean as well as all the utensils you intend to use to minimize the risk of food poisoning or cross contamination. As part of your safety and of others please ensure you wash your hands after any contact with food or items and ensure you rise utensils you intend to use. If you have long hair tie it back and wear clothes that are close to the body. Please check that the ingredients you want to use are in date and not expired.



Step 4: Plan Your Menu:

Before engaging in cooking it is important to have an idea of what you would like to cook. Once you have figured out what you would like to cook write down the recipe and ingredients required for the meal especially if you have not cooked it before. As a part of writing down your recipe and ingredients you will need to write a shopping list of items you need to buy that is not at home. Try and make your meal cost effective and give yourself a realistic budget to work with. Ask your parents, carers or siblings for support.

Step 5: Cooking:

When cooking ensure the ventilation is on or you have a little window opened, use an apron if one is available and get all your utensil out within reach. If you need to cut onions or any ingredients using a sharp knife, ask your parents for support with this or at least supervision to minimize the risk of injury. When cooking or heating up food keep a reasonable distance between the yourself and the pot in case it boils over or spats out. Always check the required temperature for the gas or oven cooker so that you avoid burning your food. As well as this ensure you are wearing oven gloves if you need to put food into the oven so that you do not burn or injury your hands.

Step 6: Tidy up:

Although some people do leave all the washing up to the end of their cooking session, it will be helpful to tidy up as you go along to minimize the amount of cleaning that will need to be done at the end of your cooking activity. You could decide to wash up, put things back while the food is actually cooking. Alternatively you could ask your parents, carers or siblings to jointly cook with you and support you with clearing things away. Returning things back to where you found it. Cleaning up after yourself is important because it keeps it clean for the next person who wants to use the kitchen.

Step 7: Get Feedback:

Once you have finished your cooking it is good practice to share with others and get feedback from family, friend and carers. Use feedback received to

improve for the next time. In your spare time watch videos on how to cook meals that you like or would like to know how to cook as well as research new recipes.



Recipe Ideas (links attached):

Roast Dinner Recipe:

<https://www.bbcgoodfood.com/recipes/one-pan-roast-dinner>

Pasta recipes

<https://www.bbcgoodfood.com/recipes/collection/healthy-pasta>

Pancake recipe

<https://www.bbcgoodfood.com/recipes/easy-pancakes>

Sponge Cake Recipe:

<https://www.bbcgoodfood.com/recipes/sponge-cake>

Spaghetti Bolognese Recipe

[https://www.bbcgoodfood.com/recipes/best-spaghetti-bolognese-recipe:](https://www.bbcgoodfood.com/recipes/best-spaghetti-bolognese-recipe)

Healthy Salad Recipes:

<https://www.bbcgoodfood.com/recipes/collection/healthy-salad>

Cous Cous Recipes:

<https://www.bbcgoodfood.com/recipes/collection/couscous>

Sandwich Ideas

<https://www.bbcgoodfood.com/recipes/collection/sandwich>

BBC Good Food Website

<https://www.bbcgoodfood.com/recipes/category/family-kids>