

WRITING/ COOKING DIRECTIONS FOR PARENTS AND CARE-TAKERS

Writing for some students is hard work, pairing writing with a **fun** task can naturally decrease some of their resistance to writing. **Fun works.**

When writing tasks are coupled with activities it provides an opportunity for **reading**, it reinforces writing clearly, ask your student to read their written directions out loud.

What is **success** when doing a cooking / writing project:

- tempered behavior – sincere efforts at self-regulation by your student
- learning life skills – pride of independence tastes as good as the food
- quality writing efforts – several good efforts are more valuable than a completed paper carelessly writing.

Before you get started, understand your role in supporting your student's efforts.

1. To help set a mutual understanding of how to do a **Writing /Cooking OT Activity**, a **YouTube Video** has been made and posted to our HBIC website under Long Distance Learning – Occupational Therapy. You can look up the video on the HBIC.org website or the OT can email or text it to you. Often in our Writing/Cooking OT Sessions at school we will use an iPad to watch the item being prepared on a video. Sometimes after watching the video we will go back to the beginning and follow the video step by step, pausing it as we complete our step. This helpful if your student is a visual learner, their performance is improved by observing the task along with verbal and written instructions.
2. All the writing prompts or “models” are on the **Model Page**. If you have watched the video, you have seen that the writing portions of this cooking task can be done prior to performing the individual step on the **Recipe Page** or when the items are cooking – such as when the English Muffins are toasting - you can work ahead.
Place the **Model Page** nearby for easy reference. When your student locates the correct model for each step on the **Recipe Page**, you can:
 - a. underline the model with a colored marker or crayon to help your student bring their gaze back to the model being copied.
 - b. Ask the student to cross out the number or word model after it is used.
3. Word blocks on the **Recipe Page** use a --- line as a guide for letter size. Encourage your student to size the letters and anchor the letters and the numbers on the line when writing.

-S-p-o-o-n-

4. If your student has difficulty with letter or number formation, after underlining the correct model, you can write the symbol(s) in highlighter in the Word Block for them to trace.
5. Have an eraser nearby to correct mistakes, if your student becomes frustrated ask them “Do you need help?” or gesture with your hand towards a PEC that says “help”; let them practice their communication skills by saying “help please” or using their communication system.

Therapist Note: Your student's progress towards meeting the benchmarks and their Annual IEP goals is measured by their work. Please date and keep your student's **Get Ready, Model**, and **Recipe** pages. I will send you a stamped and addressed envelope to send them back to me. Have Fun & Thank you. Ms. Anne

PIZZA

STEP #1.

Before we get started let's get everything we will need.

When you locate the item and bring it to the work area and check it off on the list.

When all the items on the **TOOLS** and **FOOD** list are checked off you are ready to begin!

TOOLS

___ Scissors

___ Butter Knife

___ Can Opener

___ Spoon

___ Plate

FOOD

___ English Muffin

___ Sauce

___ Pepperoni

___ Cheese

You will also be using a toaster or toaster oven and may also use a microwave to cook the pizza

STEP #2. Make Pizza

--	--	--	--	--

_____.

 your hands.

_____. Toast the

 .

_____.

 the sauce.

_____.

 the pepperoni.

_____.

 the cheese.

STEP#3. Cook the Pizza for 1' in microwave or
2 - 3 minutes in a toaster or conventional oven.

STEP#4. Eat the Pizza.

Directions: Underline the model before you write it on the **Recipe Page**.

Cross out the model after you have written it on the **Recipe Page**.

1 2 3 4 5

1 2 3 4 5

PIZZA

Wash bread

Spoon on

Put on Put on

Model Key

STEP #2. Make Pizza

1	2	3	4	5
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P I Z Z A

- 1

 your hands.
- 2 Toast the

 .
- 3

 the sauce.
- 4

 the pepperoni.
- 5

 the cheese.