

**From the Cookbook Manual:**

**CURRICULUM GUIDELINES  
OUTCOMES FROM COOKING PROGRAMME**

**Together We Cook 'n' Learn**

ENGLISH	MATHEMATICS	SCIENCE
READING	NUMBER	PROBLEM SOLVING
WRITING	MEASUREMENT	COOKING
LISTENING	PROBLEM SOLVING	SAFETY AWARENESS
AUGMENTATIVE COMMUNICATION	MATCHING	TECHNOLOGY
COMMUNICATION: EXPRESSIVE (Speaking) RECEPTIVE (Listening)	SEQUENCING	DOMESTIC APPLIANCES
	CATEGORISING CLASSIFICATION	BODY AWARENESS
	MONEY	
STUDIES OF SOCIETY & ENVIRONMENT	HEALTH & PHYSICAL EDUCATION	THE ARTS
SOCIAL SKILLS	MOTOR SKILLS	PLAY DEVELOPMENT
GROUP LEARNING	SELF HELP	ART/CRAFT
WORK TASKS	INDEPENDENT LIVING	MUSIC
COMMUNITY ACCESS	PEOPLE & FOOD	<b>TECHNOLOGY</b>
SHOPPING	HYGIENE	DOMESTIC APPLIANCES
	RECREATIONAL ACTIVITIES	VISUALS & Augmentative Communication Systems
	SAFETY	DIGITAL CAMERA
	SENSORY INTEGRATION	

# Photo Cookbooks and Life Skills

## Cooking! Using Cooking to Teach Everything! Life Skills, Social Skills, Maths, Science, English and more!

Cooking is a daily activity for everyone. It is a wonderful activity to teach ALL ages and stages. Cooking is an activity families, schools, community groups – indeed anyone can do it – and it provides long term recreation and independent living skills.

Through cooking you can teach all curriculum areas (see page 3). By providing a structured programme with goals/learning outcomes you can develop a cooking programme that addresses the learning style and needs of the individual student. One child may use the programme to learn to read while another may use it to communicate, using visuals.

### 10 Ways to Use Cooking to Teach

Here are some examples of how cooking can be used to teach a wide range of skills at both school and home:

1. Sequencing: Cut up recipes and get the child to put in the correct order.
2. Writing: Write out recipe, record observations, etc.
3. Reading: Read recipes, comprehension of instructions, etc.
4. Social Skills: Turn taking, waiting for a turn, requesting help, request a taste, etc.
5. Maths: Counting, fractions, volume.
6. Motor Skills: Cutting, opening containers, stirring, etc.
7. Sensory: Tasting, smelling, texture of ingredients.
8. Conversation Skills: Talking about foods, likes and dislikes.
9. Categories: Where items go in kitchen – fridge, pantry, etc.
10. Hygiene: Hand washing, cleaning dishes, etc.

Cooking is a great way to develop communication for children who have limited verbal skills.

Here are some examples how to provide opportunities to communicate:

- Give container with lid on too tight. Student needs to ask for help.
- Place hands in sticky ingredients and say “Yuck”.
- Count when stirring i.e. 1,2,3.
- When turning tap on/off, say ON/OFF. Wait for them to indicate they want it turned on – request, point, etc.
- Count wherever possible... pikelets in pan, honey joys, etc.
- Look through photo recipe book with student. Discuss things they like and don't like.
- Sing songs when cooking (“Everybody mixing” etc.)
- Give bowl to mix without spoon. Student needs to ask for spoon.

- Give fry-pan with no cord. Student needs to ask for HELP.
- Wherever possible don't anticipate their communication. Wait for them to communicate first rather than guessing their needs (e.g. Hands dirty, want to wash, wait for them to look at you, and indicate want of help, etc.)

For more ideas on developing communication skills: *Practical Communication Programmes* by Jo Adkins and Sue Larkey.

Download FREE recipe - [https://suelarkey.com.au/wp-content/uploads/2015/05/Tip\\_Sheet\\_-\\_Example\\_Schedule\\_Using\\_Cooking.pdf](https://suelarkey.com.au/wp-content/uploads/2015/05/Tip_Sheet_-_Example_Schedule_Using_Cooking.pdf)

### What is in it for me?

#### COOKBOOK

- 340 photos of the key stages of each recipe (ingredients, utensils, equipment and recipe).
- PROVEN recipes that kids love.
- 50 full colour pages – full colour, step by step recipes.
- Easy activities to incorporate into school day/home.
- DURABLE: Spiral bind, gloss art paper.

#### TEACHING MANUAL

- Over 300 skills to teach - from communication, maths, science, social skills and more (ALL Curriculum Areas).
- Outlines learning outcomes from cooking.
- 6 step programme from evaluations to implementation.
- Worksheets for follow up activities.
- Heaps of time-savers and ideas.

	Corn Flakes	2
	Toast and Marmite	5
	Choc Smoothie	9
	Sandwich	13
	Toasted Sandwich	17
	Hot Dog	21
	Sausage Rolls	25
	Pizza Muffins	30
	Pikelets	35
	Funny Face Biscuits	40
	Honey Joys	44
	Popcorn	49

## Photo Cookbooks

### Photo Cook Books: By Sue Larkey and Heather Durrant

These books are an ideal teaching programme for everyone. Cooking is a marvelous tool to teach everything from maths to social skills. Because cooking is a favourite with all children it's a wonderful teaching and learning activity appropriate for all ages and stages! The manual has ready-made programmes linking curriculum and educational outcomes.

Cookbook 1 or 2	CODE B06(1 or 2)
One Cookbook & Manual	CODE B06(1,M)
Both Cookbooks & Manual	CODE B06(1,2,M)
Teaching Manual	CODE B06(M)

