Baking: Digital and Printable Resources

ACCESSIBLE CHEF

The website www.accessiblechef.com was created as a way to teach cooking skills to people with intellectual disabilities. Today life skills teachers, therapists, and other disability advocates and self-advocates are still using the resources.

This free resource has a huge bank of visual recipes. Visual recipes make use of task analysis, which is an evidence-based approach for breaking down a complex task into manageable steps. Each task is separated into discrete skills, and individuals can learn to complete skills in a specific order to learn new tasks. Students may require visual, physical, or verbal prompts to complete each skill, and prompts may be gradually removed as the individual becomes more independent. Visual recipes share some similarities with PECS (Picture Exchange Communication System) and curricula created with Boardmaker.

Accessible Chef is a collection of resources to teach basic cooking skills to individuals with disabilities. From *How to make Ice Water* to *No bake cookies!* Other visual recipes available include:

- Homemade Playdough
- Dirt cups
- Frozen fruit pops
- Pancakes
- Trail Mix
- Sugar Cookie Fruit Pizza
- Marshmallow Snowmen

A full list can be seen at https://accessiblechef.com/recipes/

One example: Homemade Playdough

The visual recipe for homemade Playdough (https://accessiblechef.com/recipes/homemade-playdough/) has individual visual representations for each of the following:

Step one: stir, flour, salt, cream of tartar and in a large pot.

Step two: add water, oil, stir together

Step three: cook, on medium heat, stirring constantly

Recipe Creator Tool:

It also has a free recipe creator tool to create your own custom recipe. You can use the recipe creator to make your own, custom visual recipes, and download the recipes to your computer as PDF files to save and print them. See instructions here: https://accessiblechef.com/project/recipe-creator-tutorial/ and here https://www.youtube.com/watch?v=IdcJaJy4XJc

Resource Bank: Strengthening Pre-Cooking Skills

The resources bank also has an article on their 7 tips to strengthen pre-cooking skills

https://accessiblechef.com/project/pre-cooking-skills/

App (N.B. HAS IN-APP PURCHASES! - DISABLE)

Pancake Maker Salon 4+
Cooking Spa & Dessert Bakery
Ninjafish Studios

★★★★ 4.2, 28 Ratings

Free · Offers In-App Purchases

This popular activity app can be used to virtually create and cook your own pancakes in the kitchen!

Start by adding ingredients and mixing into a pancake batter. Then, use the stove top to cook the pancake on the frying pan! So many combinations possible! Featuring decorative items to add to create your perfect short stack of yummy pancakes!

NB: ***Please note that Pancake Maker Salon is free to play, but you are able to purchase game items with real money. If you don't want to use this feature, please disable in-app purchases.***