

## Cooking Skills

**Objective:** To teach cooking tasks to students using self-prompting

### Setting and Materials

Setting: kitchen in the school, home, and/or community

Materials:

1. DVD player with at least a 7-inch screen and rechargeable battery pack
2. Digital video camera
3. DVD-RW 1.4 gigabyte, 30 minute discs
4. Markers (for indicating the pause and skip buttons on DVD player)
5. Hotpoint electric stove
6. Microwave with digital keypad
7. Cooking utensils (e.g., spatula, spoons, measuring cups, digital timer, pot holders, skillets, and plates)
8. Food items for three cooking tasks (i.e., Hamburger Helper microwavable singles, grilled cheese, ham salad)

### Content Taught

<b>Grilled Cheese Sandwich</b>	<b>Ham Salad</b>	<b>Hamburger Helper Microwave Singles</b>
1. Get skillet and put on stove	1. Get ziploc bag of ham and put on counter	1. Get box of Hamburger Helper from cabinet and put on counter
2. Get plate and place on counter	2. Get mayonnaise from refrigerator and put on counter	2. Get $\frac{3}{4}$ measuring cup from drawer and put on counter
3. Get spatula and put on counter	3. Get relish from refrigerator and put on counter	3. Get spoon from drawer and put on counter
4. Get cooking spray and put on counter	4. Get tablespoon and put on counter	4. Get 2 potholders from drawer and put on counter
5. Get bread and put on counter	5. Get spoon and put on counter	5. Get bowl from cabinet and put on counter
6. Get 2 slices of cheese and put on counter	6. Get plastic bowl and put on counter	6. Open box and take out 1 packet
7. Take off lid of cooking spray and place on counter	7. Open bag and pour ham into bowl	7. Get scissors and cut open packet
8. Spray cooking spray to cover bottom of skillet and place on counter	8. Open mayonnaise and put lid on counter	8. Pour packet and contents into bowl
9. Open bread and place bread clip on counter	9. Put 1 tablespoon of mayonnaise in bowl	9. Take measuring cup to sink, turn on water, fill cup, turn off water
10. Remove 2 slices of bread and put in skillet	10. Open relish and put lid on counter	

<ol style="list-style-type: none"> <li>11. Unwrap 1 slice of cheese and place on bread slice</li> <li>12. Unwrap 2<sup>nd</sup> slice of cheese and place on opposite bread slice</li> <li>13. Get kitchen timer and place on counter</li> <li>14. Press “0”</li> <li>15. Press “3”</li> <li>16. Press “Start/Stop”</li> <li>17. Turn stove dial to “high”</li> <li>18. Wait 3 minutes for timer to sound</li> <li>19. Press “Start/Stop” on timer</li> <li>20. Turn stove dial to “off”</li> <li>21. Get spatula and spoon</li> <li>22. Place one slice of bread/cheese on top of other using spatula and spoon (cheese touches)</li> <li>23. Lift cheese sandwich from skillet with spatula, place on plate</li> <li>24. Close bread with bread clip and put away</li> <li>25. Place lid on cooking spray and put away</li> <li>26. Put cheese wrappers in trash can</li> <li>27. Put spatula and spoon in sink</li> <li>28. Put timer in drawer</li> </ol>	<ol style="list-style-type: none"> <li>11. Put 1 spoonful of relish in bowl</li> <li>12. Stir mixture 6 times</li> <li>13. Put spoon in sink</li> <li>14. Put tablespoon in sink</li> <li>15. Put lid on mayonnaise and put in refrigerator</li> <li>16. Put lid on relish and put in refrigerator</li> <li>17. Put bag in trash can</li> </ol>	<ol style="list-style-type: none"> <li>10. Pour water into bowl, set measuring cup on counter</li> <li>11. Stir mixture 8 times, put spoon on counter</li> <li>12. Open door of microwave, put bowl in microwave, close door</li> <li>13. Press “5”</li> <li>14. Press “0”</li> <li>15. Press “0”</li> <li>16. Press “Start”</li> <li>17. Wait 5 minutes for microwave to “ding”</li> <li>18. Pick up 2 potholders, open door</li> <li>19. Take bowl out of microwave, put on counter, put potholders on counter</li> <li>20. Close microwave door</li> <li>21. Stir mixture 8 times</li> <li>22. Close box and put in cabinet</li> <li>23. Put potholders away</li> <li>24. Put measuring cup away</li> <li>25. Put spoon in sink</li> <li>26. Throw packet in trash</li> <li>27. Put scissors away</li> </ol>
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**Teaching Procedures**

1. Turn on the portable DVD player and show a photograph of the item to be cooked to the student.
2. Say “Cook the \_\_\_\_\_ using the DVD player.”
3. Have the student press the *Play* button and watch the first step of the task analysis and hear the verbal cue from the prerecorded video prompt.
4. After the student has listened to the first step of the task analysis, have them press the *Pause* button on the DVD player at the end of the video frame.

5. Have the student perform the step previously viewed on the DVD player from the task analysis.
6. Instruct the student to return to the DVD player and press the *Play* button for the next step of the task analysis.
7. This sequence should be repeated with students until all steps of the cooking task are complete.
8. Record the data for each step of the task analysis. There are three types of responses to record (a) student completes the step correctly, (b) student completes the step incorrectly, or (c) student does not respond.
9. If the student completes the step incorrectly, then prompt the student again by repeating the video frame necessary using the DVD player.
10. Three prompting levels are possible with the self-prompting using the DVD player (a) self-prompt, (b) verbal prompt, and (c) verbal and gesture prompt.
11. If the student does not complete the step correctly within 1 minute, complete the step for the student out of their view and have them press *Play* on the DVD player for the next step.
12. Give verbal praise to the student on every third step completed correctly.
13. Continue the self-prompting procedures with the DVD player until the student completes all steps of the task analysis with 100% accuracy for one session without the use of the *Skip* and *Replay* buttons on the DVD player.

### **Evaluation**

1. Record the number of steps in the task analysis that are completed correctly (initiated response within 0-3 seconds and completed within 1 minute after the prompt is given).
2. An incorrect response can be recorded as (a) topographic- initiation within 3 seconds but incorrect performance of the step, (b) duration- initiation within 3 seconds but failure to complete the step within 1 minute of the previous step, and (c) no response- within 3 seconds after the previous step.

### **Lesson Plan Based on:**

Mechling, L. C., Gast, D. L., & Field, E. A. (2008). Evaluation of a portable DVD player and system of least prompts to self-prompt cooking task completion by young adults with moderate intellectual disabilities. *The Journal of Special Education, 42*, 179-190.