

**Cooking with Video Recipes**

**Objective:** To teach multi-step cooking tasks using video 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 GB, 30 minute discs
4. Markers such as colored tape (for indicating the pause, play, and skip buttons on DVD player)
5. Cookbook *Visual Recipes: A Cookbook for Non-Readers*
6. Cooking utensils (e.g., spatula, spoons, measuring cups, digital timer, pot holders, skillets, and plates)
7. Food items for all cooking tasks (i.e., hot chocolate, ravioli, broccoli, chocolate pudding, tuna, french fries)

**Content Taught**

**Set 1**

<p><b>Hot Chocolate</b> (10 steps)</p> <ol style="list-style-type: none"> <li>1. Heat water (in coffee pot)</li> <li>2. Open <i>Swiss Miss</i> (lift off lid)</li> <li>3. Measure 1 teaspoon</li> <li>4. Put in mug</li> <li>5. Measure 1 teaspoon</li> <li>6. Put in mug</li> <li>7. Pour water (in mug)</li> <li>8. Stir</li> <li>9. Put lid on (<i>Swiss Miss</i>)</li> <li>10. Enjoy (stop)</li> </ol> <p><i>Distracting Stimuli</i> Can opener, hand mixer, <i>Maxwell House</i> coffee can, set up measuring spoons, plate, bowl</p>	<p><b>Ravioli</b> (10 steps)</p> <ol style="list-style-type: none"> <li>1. Insert finger in lid tab</li> <li>2. Lift up to remove lid</li> <li>3. Pour (ravioli) into pot</li> <li>4. Put lid in trash</li> <li>5. Turn stove dial to “medium”</li> <li>6. Stir (ravioli)</li> <li>7. When (wait) ravioli starts to bubble</li> <li>8. Turn stove dial to “off”</li> <li>9. Pour ravioli into bowl</li> <li>10. Enjoy (stop)</li> </ol> <p><i>Distracting Stimuli</i> Can of corned beef hash, skillet, plate, coffee mug</p>
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**Set 2**

<p><b>Broccoli</b> (13 steps)</p> <ol style="list-style-type: none"> <li>1. Cut broccoli stalk into 4 pieces</li> <li>2. Wash broccoli</li> <li>3. Put broccoli in pot</li> </ol>	<p><b>Chocolate Pudding</b> (13 steps)</p> <ol style="list-style-type: none"> <li>1. Get a bowl</li> <li>2. Measure 2 cups of milk</li> <li>3. Pour (milk) into bowl</li> </ol>
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<ol style="list-style-type: none"> <li>4. Add water to pot</li> <li>5. Put pot on stove</li> <li>6. Turn stove dial to “Hi”</li> <li>7. Set timer for 5 minutes</li> <li>8. Cook broccoli (wait for timer to beep)</li> <li>9. Turn stove dial to off</li> <li>10. Remove pot from stove</li> <li>11. Strain broccoli in colander</li> <li>12. Pour broccoli into bowl</li> <li>13. Enjoy (stop)</li> </ol> <p><i>Distracting Stimuli</i> Green cabbage, skillet, plate, bowl</p>	<ol style="list-style-type: none"> <li>4. Cut open pudding mix (with scissors)</li> <li>5. Pour (mix) into bowl</li> <li>6. Set timer for 2 minutes</li> <li>7. Beat (with electric mixer)</li> <li>8. Pour (chocolate pudding) into 4 bowls</li> <li>9. Put (bowls) in refrigerator</li> <li>10. Set timer for 5 minutes</li> <li>11. When timer beeps (wait for beep)</li> <li>12. Take out (bowls) of refrigerator</li> <li>13. Enjoy (stop)</li> </ol> <p><i>Distracting Stimuli</i> Set of measuring cups, JELL-O gelatin mix, coffee pot, can opener</p>
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**Set 3**

<p><b>Tuna</b> (19 steps)</p> <ol style="list-style-type: none"> <li>1. Get out can of tuna</li> <li>2. Open can (with can opener)</li> <li>3. Lift up handle to remove can (from can opener)</li> <li>4. Drain water from tuna can (using lid to trap water)</li> <li>5. Drain water from tuna can (turning can over in sink)</li> <li>6. Take lid off</li> <li>7. Put tuna in bowl (using fork)</li> <li>8. Flake tuna with a fork</li> <li>9. Get mayonnaise</li> <li>10. Measure 1 tablespoon of mayonnaise into bowl</li> <li>11. Measure 1 (2<sup>nd</sup>) tablespoon of mayonnaise into bowl</li> <li>12. Mix tuna with fork</li> <li>13. Add 3 shakes of pepper</li> <li>14. Stir (with fork)</li> <li>15. Spread mayonnaise (on one piece of bread)</li> <li>16. Spread tuna (on one piece of bread)</li> <li>17. Put bread on top</li> <li>18. Put on plate and cut</li> <li>19. Enjoy (stop)</li> </ol> <p><i>Distracting Stimuli</i> Can of chicken, coffee pot, mixer, spoon,</p>	<p><b>French fries</b> (19 steps)</p> <ol style="list-style-type: none"> <li>1. Get out french fries</li> <li>2. Get out baking sheet</li> <li>3. Turn oven on to “Bake 450”</li> <li>4. Cut open bag (with scissors)</li> <li>5. Pour French fries onto baking sheet</li> <li>6. Put on oven mitts</li> <li>7. Put (baking sheet) in oven</li> <li>8. Take off oven mitts</li> <li>9. Turn timer to 5 minutes</li> <li>10. Turn off beeping time</li> <li>11. Put on oven mitts</li> <li>12. Take (baking sheet) out of oven</li> <li>13. Cool on rack (put on rack)</li> <li>14. Take off oven mitts</li> <li>15. Turn oven dial to “off”</li> <li>16. Get spatula</li> <li>17. Scoop up French fries</li> <li>18. Put (French fries) on plate</li> <li>19. Enjoy (stop)</li> </ol> <p><i>Distracting Stimuli</i> frozen onion rings, pans, and lids</p>
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mustard, set of measuring spoons, Mrs. Dash	
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### Teaching Procedures

1. Place the portable DVD on the kitchen counter, insert the DVD, and turn DVD player on.
2. Say “Cook the \_\_\_\_\_.” and wait 3 seconds for the student to push the “play” button on the DVD player.
3. If the student does not respond, use least to most prompting to get the student to push the “play” or “pause” button
4. Wait 3 seconds for the student to initiate the step and 1 minute for completion of the step.
5. Student will watch the video segment and press “pause” before initiating the step.
6. Record 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.
7. If the student does not complete the step correctly within 1 minute, complete step for student out of their view and have them press “play” on the DVD player for next step.
8. Give nonspecific verbal praise to the student on every third step completed correctly.
9. This sequence should be repeated with students until all steps of cooking task are complete within each set.

### Evaluation

1. Record the number of steps in the task analysis that are completed correctly (i.e., initiated response within 3 seconds and completed within 1 minute after the prompt is given).
2. An incorrect response can be recorded as (a) latency- failure to initiate a step within 3 seconds (b) duration- failure to complete the step within 1 minute, (c) topography- failure to complete the step correctly, or (d) sequence- failure to complete a step in the order designated by the video recording.

### Lesson Plan Based on:

Mechling, L. C., & Stephens, E. (2009). Comparison of self-prompting of cooking skills via picture-based cookbooks and video recipes. *Education and Training in Developmental Disabilities, 44*, 218-236.