



LEARN HOW TO COOK



ICT based Learning and Social Network for
People with Disabilities and Volunteers



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HANDBOOK FOR PERSONS WITH DISABILITIES – HOW TO LEARN TO COOK?

Do you want to learn something new and useful?

Are you afraid of cooking?

This handbook can help you and show you the way to common tasty dishes.

Learning to cook is a good path toward independent living because through learning how to cook you learn what a healthy diet is and how to have healthy nutrition.

These guidelines for cooking will be explained methodologically in order to learn everyday life activities.

STEPS THAT SHOULD BE MASTERED BEFORE USING THE COOKBOOK

This handbook contains necessary instructions related to establishing the preconditions for using the cookbook and subsequently explained steps on how to use it.

1. MASTERING THE SPACE AND UNDERSTANDING BASIC CONCEPTS

1A. TEACH A PERSON TO NAVIGATE IN SPACE

Persons with disabilities should principally familiarize themselves with the space in which they will learn to cook. They must know how to manage around the room, understand the most important spatial concepts (i.e. on, under, next to, below, above) that will be used when operating.

1B. ADOPTING BASIC CONCEPTS NECESSARY FOR COOKING

Adopting basic concepts necessary for cooking include:

- assigning basic kitchen appliances (identifying and assigning kitchen units, worktops...),
- assigning kitchen appliances (stove, microwave, refrigerator),
- assigning cooking tools (bowls, casseroles, plates, roasters, frying pans, cutlery...),
- assigning basic cooking operations (thermal food processing and food preparation),
- assigning liquid and weight measures (distinguishing liquid measures – large/small cups, and measures of weight – tablespoon/teaspoon),
- assigning measures of temperature (adopting and assigning measures of temperature for burner and oven, differentiating measure of temperature – knowing how to distinguish the difference between high and low burner heat),
- distinguishing dishes (distinguishing sweet and sour dishes, distinguishing appetizers, main dishes, salads),

- assigning the simplest dishes.

STEPS THAT ACCOMPANY THE USE OF COOKBOOK

2. CONNECTING THE CONCEPT OF WORD WITH IMAGE AND SYMBOL

Once we have taught a person with disabilities to manage in space, we assign kitchen furniture and appliances, tools and action. It is necessary to learn how to use the cookbook, which means that they need to connect the adopted concepts with symbols represented in the cookbook and remember them.

COOKING TOOLS – SYMBOLS



STOVE



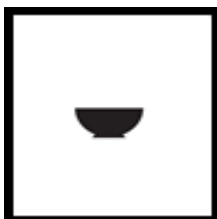
MICROWAVE



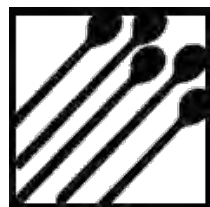
CASSEROLE



ROASTER



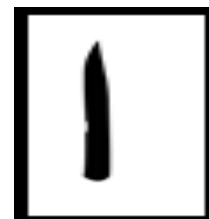
BOWL



LADLES



FRYING PAN



KITCHEN KNIVES



SHALLOW PLATE



SOUP PLATE

ACCESSORIES



SPOON



FORK



KNIFE



KITCHEN SPATULA



WHISK



GRATER

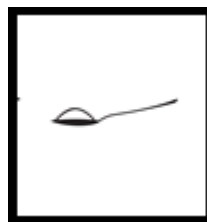
LIQUID AND WEIGHT MEASURES - SYMBOLS



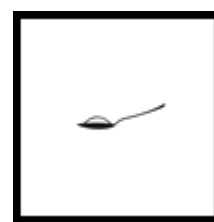
LARGE CUP / 2 dcl



SMALL CUP / 1 dcl



TABLESPOON 5 gr

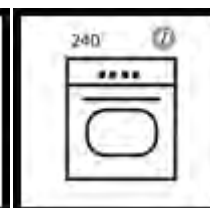
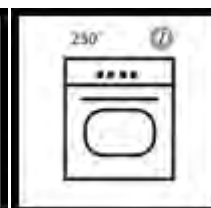
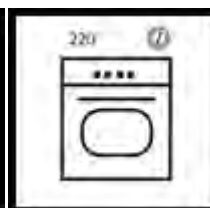
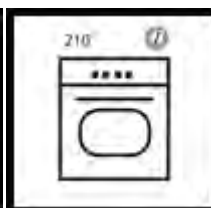
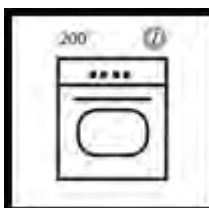


TEASPOON 10 gr

TEMPERATURE MEASURES - SYMBOLS

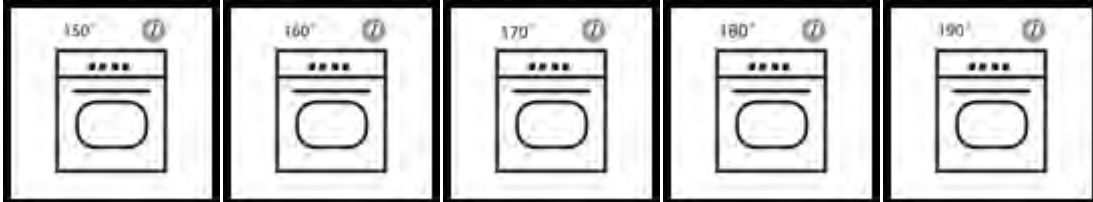
OVEN

HIGH BURNER HEAT 200/250 °C

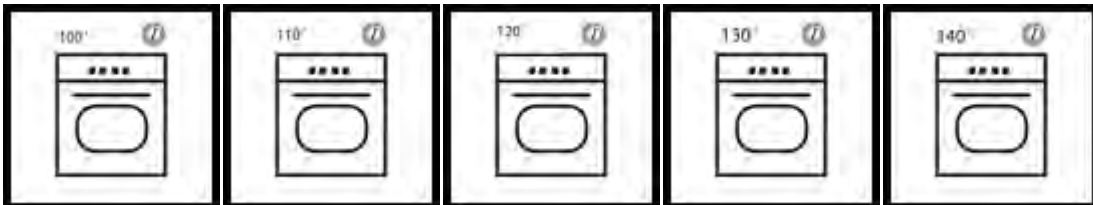




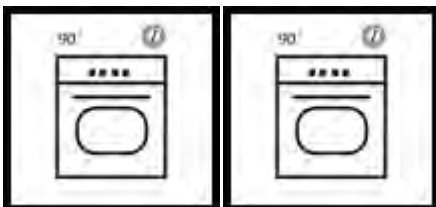
MEDIUM BURNER HEAT 150/200 °C

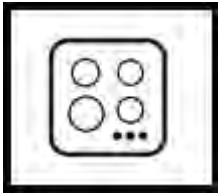


MODERATE BURNER HEAT 100/150 °C

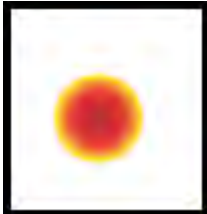


MILD BURNER HEAT 100 °C

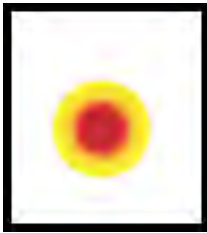




TEMPERATURE MEASURES – BURNER – SYMBOLS



HIGH 5/7 (FINAL POINT ON THE COUNTER)

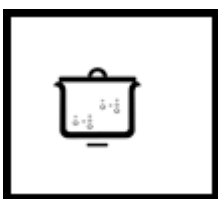


MODERATE FROM 3/5 (TO MIDDLE POINT ON THE COUNTER)



MILD (FIRST POINT ON THE COUNTER)

SYMBOLS FOR THERMAL PROCESSING AND FOOD PREPARATION



COOK



COOK AND STIR



FRY

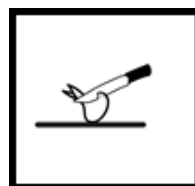
FOOD PREPARATION – SYMBOLS



WASH HANDS



WASH FOOD



CHOP



PEEL



OPENER



KITCHEN BOARD



STIR



MIX



ROLL IN



KNEAD



ROLL



ADD MIXTURE



ADD (LIQUID) AND STIR



ADD LIQUID – OIL UP



GRATE (SCRUB)



OPEN CAN

COMPLEXITY OF DISH - SYMBOLS

- NOT DEMANDING *
- EASY TO MAKE **
- MODERATELY DEMANDING ***
- MEDIUM DIFFICULTY ****
- DIFFICULT TO MAKE *****

ENERGY VALUE – SYMBOLS



HIGH

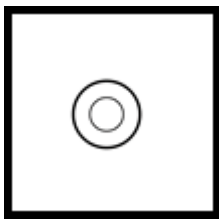


MODERATE

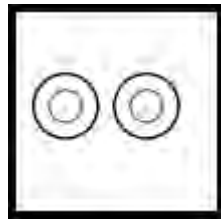


LOW

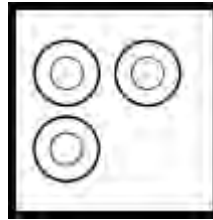
AMOUNT OF FOOD - SYMBOLS



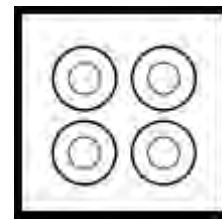
ONE PORTION



TWO PORTIONS



THREE PORTIONS

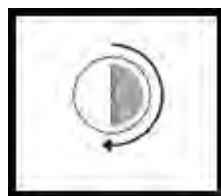


FOUR PORTIONS

COOKING TIME - SYMBOLS



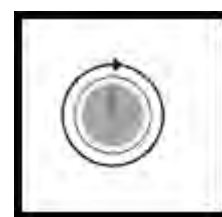
15 min



30 min



45 min



60 min

3. FAMILIARIZING WITH THE FORM OF COOKING RECIPES

After they have adopted each individual symbol, persons with disabilities should familiarize with the form of recipes and learn the steps for preparation of each food item separately.

The user must know in which part of the table the symbols are associated with the necessary ingredients, portions, preparation time, tools, and which part contains images of initial appearance and end result of the ingredients and symbols for preparation.


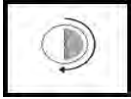
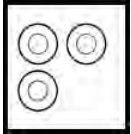

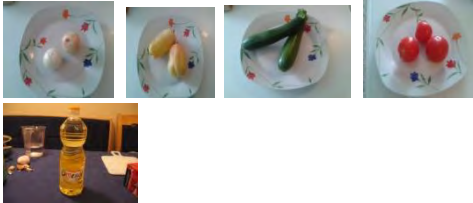
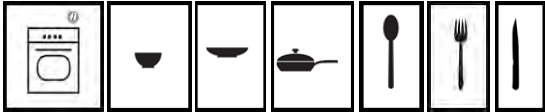

4. COOKING ACCORDING TO RECIPE SYMBOLS

Once persons with disabilities have adopted and memorized the symbols, we teach them to perform simple actions for individual food preparation.

For example, we take one food item from the recipe and ask the user to choose the ingredients and perform the actions represented by the symbols.

5. COOKING ACCODING TO RECIPES

Cooking should start from simple recipes, i.e. those that require less food items, tools and action to prepare.

PHOTO AND NAME OF THE DISH	INFORMATION ON THE DISH	
<p data-bbox="188 371 300 405">SATRAŠ</p> 	<p data-bbox="603 376 778 443">PREPARATION TIME</p>	
	<p data-bbox="603 571 727 600">SERVINGS</p>	
	<p data-bbox="603 804 762 833">COMPLEXITY</p>	<p data-bbox="836 804 879 833">***</p>
	<p data-bbox="603 943 791 972">ENERGY VALUE</p>	
	<p data-bbox="603 1169 770 1198">INGREDIENTS</p>	
	<p data-bbox="603 1473 770 1503">ACCESSORIES</p>	 

INITIAL STATE

**FOOD PROCESSING
PROCEDURE**

FINAL STATE

1. ONION

1 ONION



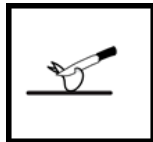
WASH HANDS



PEEL

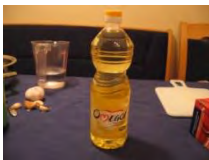


WASH



CHOP

2 TABLESPOONS OF OIL

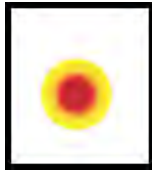


ADD OIL



DEEP FRY





MODERATE HEAT



WASH HANDS



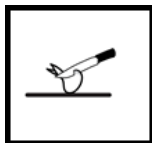
2. ZUCCHINI



PEEL



WASH



CHOP



ADD TO THE POT



STEW

3. TOMATO

3 TOMATOS



WASH HANDS



WASH



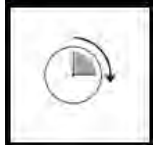
CHOP



ADD TO THE POT



STEW TOGETHER FOR 15-20 MINUTES ON MILD HEAT AND STIR OCCASIONALLY



Cook regularly and don't give up; rather, practice on the long run. Your effort will be greatly rewarded.