Towards Independence
Meal Preparation and Cooking:
Introduction
This module has been developed as the result of collaborative work between ASDAN and practitioners delivering the Towards Independence programme. Our thanks go to all those who contributed to the development of these materials.

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Welcome

You are starting a module called

Meal Preparation and Cooking: Introduction

In doing the activities in this module you will be asked to:

- say
- show
- choose
- make things

You can say things by talking or signing, or by using any other means to let someone know what you want to say.

You can choose and show things by using:

- pictures
- digital recording
- other means
- photographs
- computer

or by telling someone else so they can write or do it for you. All the way through you can have as much help as you need.

As you complete each activity, you or your tutor can tick ✔ the box shown alongside the activity and the corresponding box on the Record of Activities page.

When you have finished the module, remember to complete the Module Review and Next Steps at the end of the book.
At the end of each section you will find a page of record boxes:

This box can be used by your tutor to write an extra activity for you to do. This might ask you to practise some of the skills you have already shown, or it might ask you to do an extension activity.

This box can be used in any way to show your achievements throughout the section. It might also show what you need to work on next.

This box can be used to record your achievement by allocating a P level or other descriptor and subject area.

This box shows skills you have used well. These might be Basic Skills, Key Skills or other important life skills.

This box shows what sort of help you had.

This box shows where the work is kept in your ring binder (or other place).

Your tutor will sign and date these boxes when all the other boxes have been filled in.
Levels of Support

Ask your tutor to talk to you about these:

NH  No Help – you can do things on your own

SH  Spoken/Signed Help – you are helped by someone speaking or signing suggestions to you

GH  Gestural Help – you are helped by someone using hand signals or other gestural prompts

PH  Physical Help – you are helped by someone holding you and/or helping you to move

SE  Sensory Experience – you are given the opportunity of being involved through a sensory experience, e.g. hearing, touch, sight or taste

ER  Experience Recorded – you are provided with an experience of the activity but are unable to take part
Section A: Hygiene

1. Show you can get ready for cooking.
   For example:
   - Wash your hands
   - Tie your hair back
   - Remove jewellery
   - Put on an apron
   - Other

2. Show that you can prepare your work area.
   For example:
   - Clear the work surface
   - Clean the food preparation area
   - Other
Section A:
Hygiene

Activity:

Comments:
Tutor/Supervisor/Learner

P level or other centre assessment tool:

Subject area:

Level of support:  Skills:  Evidence ref:

Verified by:  Date:
Section F: Preparing a cold drink

1. Get yourself ready to prepare a drink.

2. Choose a drink to prepare.
   For example:
   - Milkshake
   - Squash
   - Fruit juice
   - Other

3. Collect the things you need.

4. Prepare your drink.
## Section F:
Preparation of a Cold Drink

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In this section you can choose your own activity.

Here are some ideas:

- Eat at a café or restaurant
- Prepare food for a special celebration
- Choose someone you would like to invite for a snack
- Prepare and try foods from another country
- Take part in a blindfolded taste test
- Other

1. Decide what your project will be.
2. Plan your project.
3. Make a list of the things you need.
4. Do your project.
5. Show what went well in your project.
Section L:
Project

Activity: optional

Comments: optional
  Tutor/Supervisor/Learner

P level or other centre assessment tool: optional

Subject area:

Level of support: Skills: Evidence ref:

Verified by: Date:
Next Steps

My next challenge:

Activities and modules that will help:

Who can help me and when:

Remember to record that you have completed this module and review on the Record Page in your Starting Out module.

Learner signature:

Tutor/supervisor signature:

Date: