

# Cooking Activity

RESIDENT IDENTIFIED DOING THEIR FAVORITE ACTIVITIES AS A PREFERENCE,  
SPECIFICALLY COOKING



# Supply Check-list

- Assistive devices, as needed:
  - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes
- Apron(s)
- Necessary Cooking Appliances, Utensils, and Dishes
- Any necessary ingredients for the recipe
  - for this IPPI it is suggested that you choose two recipes for the resident to choose from that are based on the resident's interests and ability, as well as your own. The recipe options should also include ingredients that are available.
- Washcloth
- Feeling Faces Emotion Assessment form

# Activity Introduction

**[APPROACH]** Approach the resident from the front, on eye level, and smile.

**[GREET]** Greet the resident using their name.

**[INTRODUCE]** Introduce yourself using your name, and point to yourself.

**[ASK]** Ask how the resident is doing today.

» Say: "How are you doing today?"

**[ASSESS]** Complete the '**before**' portion of the Emotion Assessment form.

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**before**' Feeling Faces.

**[RESPOND]** Respond to and validate their response.

» Say: "So glad to hear you're well today." or "I'm sorry you're not feeling well."

» Do: Address the person's needs, if applicable.

# Activity Questions

## Question Suggestions:

- What do you like about cooking?
  - Do you have a favorite thing to cook?
- When did you learn to cook?
  - Who taught you to cook?
- Do you have any favorite cooking memories?
- Do you have a family recipe?
- Is there anything you can teach me about cooking?

# Activity Instructions

**[INTRODUCE]** Introduce the activity.

- » Say: "I know it's important for you to do your favorite activities, and that you enjoy cooking. Would you like me to help you cook today?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

**[WASH]** Start by both you and the resident either washing or sanitizing your hands.

**[CHOICE]** Ask the resident what recipe they would like to make. Offer the available options based on their preferences.

- » Say: "What recipe would you like to make with me today?"
- » Do: Show the resident 2 recipes to choose from.
- » Variation: If more help is needed, only present 2 options at once, as to not overwhelm the resident. If they are unable to choose, then pick one yourself.

**[BEGIN]** Begin cooking with the resident.

# Activity Instructions continued

**[ENCOURAGE]** Encourage the resident (remember: engagement over correctness).

- » Say: "You're a wonderful cook!" or "This looks like it's going to taste so good!"
- » Do: Smile and nod, point to the food.

**[ASK QUESTIONS]** See question card for ideas.

**[OFFER]** Offer to assist the resident with the activity, if needed.

- » Say: "I will be here if you need any help."
- » Do: Observe the resident and if they are struggling, offer to help.
- » Variation: If more help is needed, continue to encourage choice, support their hand or allow their hand to guide you.

\* If the resident is struggling with the activity, simplify questions and/or engage more with sense (see next page).

# Using the Senses

**[SENSE]** Engage the resident by using prompts, such as questions or gestures, relating to the five senses. Encourage the resident to **see, touch, smell, taste,** and **hear** during the activity, for a sensory experience. (Tip: Participate with the resident, you can answer these questions too).

» **See:** Encourage the resident to look at the ingredients; notice the different colors, sizes, and textures.

"What do you think of the ingredients? Do they look any different than how you remember? Do you have a favorite ingredient, if so which one? Which ingredient is the biggest and the smallest?"

» **Touch:** Encourage the resident to touch the ingredients.

"What do they feel like? Do you like that feeling? Can you describe it?"

# Using the Senses continued

**[SENSE]** Engage the resident by using prompts, such as questions or gestures, relating to the five senses. Encourage the resident to **see, touch, smell, taste,** and **hear** during the activity, for a sensory experience. (Tip: Participate with the resident, you can answer these questions too).

» **Smell:** Encourage the resident to smell the ingredients before, during, and after they are cooked.

"What do the ingredients smell like? Do you like the smell? What do the ingredients smell like once they have started cooking? Do you like that smell?"

» **Taste:** Encourage the resident to taste the ingredients before, during, and after they are cooked, **if applicable** (do not taste raw food).

"What do the ingredients taste like? Do you like the taste? What do the ingredients taste like once they have started cooking? Do you like that taste? Do any of the tastes remind you of anything? Can you describe the taste?"



# Activity Closing

**[THANK]** Thank the resident for doing the activity with you.

**[ASK]** Ask for feedback:

» Say: How did you feel about cooking today?

**[ASSESS]** Complete the '**after**' portion of the Emotion Assessment form

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**after**' Feeling Faces.

**[ASK]** Ask if the resident needs anything before you leave and wipe down materials before storing the supplies.

*great job!*

