



Welcome to the community. Each newsletter has an overarching theme or topic, and within it you will find free downloadable activities, classroom ideas, blog posts, inspiration, and more all relating to that week's theme. This week we're talking about cooking.

## All About Cooking

Cooking serves as not only an important skill for more independent living, but also a tool through which to teach other academic and social content. The activities in this newsletter directly teach cooking skills, as well as use cooking activities to help develop other skills. Cooking in the classroom has such great potential when applied appropriately. This week's blog shares our top tips for incorporating cooking activities in a way to best support learning.

[Read The Blog](#)

## Free Downloadable Activities

Please enjoy these completely free pre-made Chooselt! Maker 3 activities. Simply go to Chooselt! Maker 3 online or download the free iPad app, redeem the sharecodes below, then get started playing, practicing, and learning!

### Current CM3 Subscribers:

**Ready To Use For All** - Download these codes and use them within your account on any of your devices

**Download And Personalize** - Download these codes to your account, then begin personalizing them. These activities provide a structural framework for you to edit according to the context and needs of your students. Once personalized, generate a new sharecode for the activity, download and use on any of your devices, and even share with others

### Non-CM3 Subscribers:

**Ready To Use For All** - Download the free Chooselt! Maker 3 iPad app. Within the app, redeem these sharecodes to download each activity to use with your students.

**Download And Personalize** - To take full advantage of these activities you will need a subscription. However, you can sign up for a free 2-week trial, which will give you the opportunity to download these sharecodes and personalize the activities for your students, as well as create your own activities.

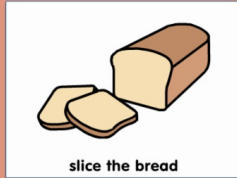
Happy Chooselt! Making!

### Ready To Use For All

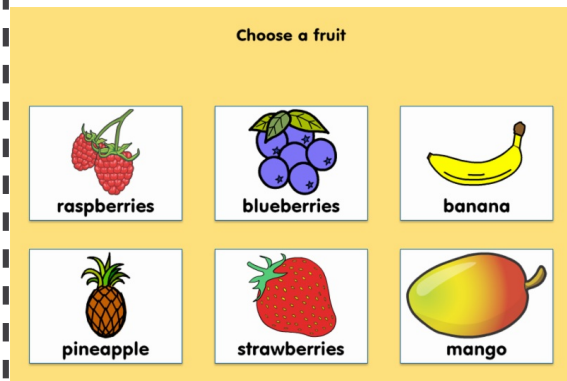
Choose the correct order of steps in the recipe for making simple buttered toast. Work on sequencing abilities by using words like "first" "after" "next" "then" and "finally". Develop a conceptual understanding of the steps involved in making toast. This can be a great activity to familiarize students with the process of making toast, before progressing to actually making the recipe in real life.

## What do we do first?

*Sharecode: DGPXFB*



## Download and Personalize



Program in different ingredients for your students to choose from to add to their recipe. This activity follows the format for a smoothie, where the student selects a base ingredient, a liquid, 2 fruits, and an extra. Change the ingredients (or the entire recipe!) to what you have available, your student's preference, your student's cooking abilities, any classroom allergies, etc. Include questions at the end, such as if the student liked it, what they should call their recipe, what color their smoothie was, etc.

*Sharecode: KDKAKJ*

[Click here to download the free iPad app](#)

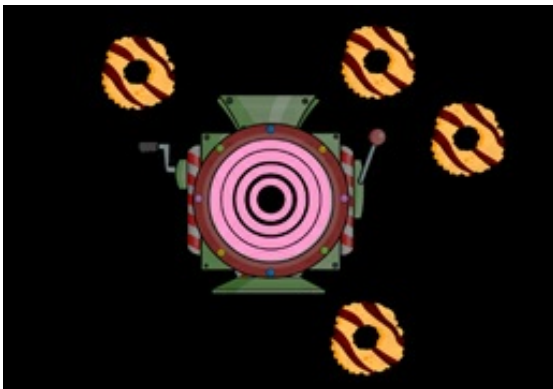
[Click here to subscribe or start a free 2 week trial](#)

## HelpKidzLearn Cooking Activities

The HelpKidzLearn Games and Activities website has an extensive collection of ready made, accessible learning activities. The activities can be accessed using mouse and keyboard, touch screens, interactive classroom displays, single switches, two switches, and eye gaze. They address a range of skills including attending, sensory exploration, cause and effect, turn taking, language and communication, early literacy, early numeracy, errorless and errorless choice making, fact finding, problem solving, timing, tracking, turn taking, 2 player cooperation, creativity, and more.

The amount of activities available can sometimes be difficult to navigate, especially considering new ones are always being added. Here we have highlighted the HKL activities that can best be useful to supplement your cooking lessons. If you have an HKL subscription, simply login to play. If you do not have an HKL subscription, you can sign up for a free user account at any time; a free user account gives you access to the 10 most popular HKL activities, two from each of the five major learning categories. (Note: Some activities are also available as apps from the app store and can be purchased individually)

[Click here to access the HelpKidzLearn Games and Activities](#)



### Cookie Machine

Skills: attention, sustained concentration, cause and effect

Operate the cookie machine with simply attention, and see how many cookies the student can bake! Press the switch, hover with the mouse, touch, or look and keep looking with eyegaze. Practice attention skills to turn the machine on, keep it on, and keep making cookies!



### Cupcakeinator

Skills: timing, sequencing, problem solving, critical thinking

Operate the cupcake machine to make cupcakes! This 2 target access activity requires students to press one button to move the conveyer belt and another to release the cupcake batter. Students must move the conveyer belt to the next appropriate cupcake container before releasing the batter, requiring not only timing and sequencing skills, but also problem solving and critical thinking



### Cup Of Tea

Skills: exploration, fact finding

Explore a kitchen scene and select different items to make them perform an animated action. Develop associations between kitchen items and their common functions. Make tea, prepare lunch, bake a cake, and even clean up and do laundry!



### Aunty Maggie's Recipe

Skills: errorless choice making, creativity

Get creative adding different ingredients to a potion and see what effect the potion has on the character! This can be a great tool for teaching that different ingredients produce different finished products. If students need more of a challenge, create a recipe for them to follow within this activity. A simulation can be a helpful way to introduce students to the concept of following a recipe as the environment is more limited and controlled.

\*Also available as an app\*

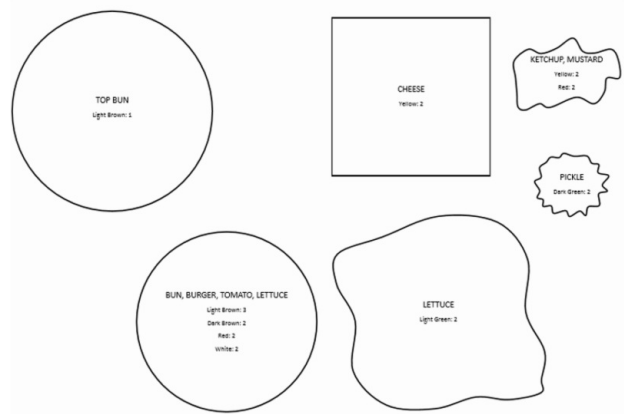
## Low-Tech Solutions

### Create a Felt Burger

Use this sheet as a template to create your own felt foods!

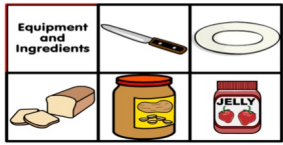
Simply print the sheet and use it as a template to cut out the appropriate pieces of felt (colors and amounts are labeled on the template). Sew the felt pieces together, about 1/4 inch from the edge, being sure to leave a small space for filling. Fill between the felt piece with rice, beans, wool, etc. and sew the opening closed. Draw any final decorations (ex. sesame seeds on the bun) and your felt burger pieces are ready to go!

Students can assemble the burger themselves, or you could create a recipe for them to follow. The recipe could be as simple as basic assembly or could involve more "cooking". For example, if you have a play kitchen, students could cook the burger patty on the stovetop, or pretend to slice the vegetables.



[View PDF](#)

### My Peanut Butter and Jelly Recipe



Instructions:

- Get 2 slices of bread
- Spread peanut butter on one slice
- Spread jelly on the other slice
- Place the 2 slices together with the filling in the middle
- Cut the sandwich in half and enjoy

[View PDF](#)

### Picture Recipes

Print this recipe for students to follow to make a peanut butter and jelly sandwich.

Steps are simple and clear, and visuals are provided to accompany each step for added clarity and instruction.

Use with an individual student, a small group, or the entire class. Complete the whole recipe together or assign different students to different roles.

Use this format as a template for making other recipes to use with your students

\*Tip\* You can make this recipe accessible for non-readers or blind students also. Program each of the instruction steps into a switch communicator in sequence mode, then press the switch to read the steps out loud one by one.

## Early Environmental Control

Early environmental control devices can be valuable tools in the classroom, allowing students to engage with materials and perform tasks that they would otherwise not be able to. A few environmental control devices are available that use switches to control electrical appliances; the iClick allows you to control appliances with not only switches, but also an iPad. In addition to the typical direct, latched, and timed modes, the iClick also offers two additional cooperative modes and a two-button on/off mode. Keep in mind that the suggestions below are based on use with the iClick. If you have a different device, be aware that not all of these functions will be available to you (specifically, the use of the iPad as a control method, either of the cooperative modes, and the two-button on/off mode).



Here are some ideas for how to incorporate environmental control devices into your cooking activities to work on different goals with your students:

### Participation

Help make a smoothie by turning the blender on after classmates have measured, prepared, and added the ingredients.

### Independence

Students may have the dexterity to perform the other steps of a recipe, such as pouring popcorn kernels into a popcorn machine, but don't have the fine motor skills to press the small button to turn the machine on. Use an environmental control device to be able complete the whole recipe independently.

### Cause and Effect

Cause and effect with environmental control works best when paired with appliances that are highly stimulating and begin immediately, such as a blender or mixer rather than a waffle iron or toaster oven.

### Sustained Concentration

Use direct mode (students must continuously press the switch or iPad for the appliance to remain on) or timed mode (the appliance only stays on for a short period of time) with a mixer, so students must continue to activate their appliance until they can visually see that no lumps remain in the batter and mixing is complete.

### Cooperation

Have two students work together to control one appliance by activating their switches or iPad buttons simultaneously. In cooperative direct mode, the appliance will remain on as long as both buttons continue to be pressed; in cooperative timed mode, once initiated the appliance will remain on for a pre-determined amount of time.

### Turn-Taking

Have students take it in turns turning an appliance on and off. For example, one student turns the mixer on and the other turns it off. They repeat this back-and-forth process until all the lumps are gone (the students can check for lumps themselves or have another classmate or teacher help them).

### Choice Making

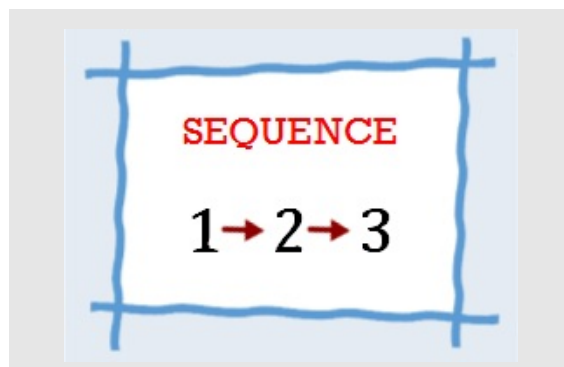
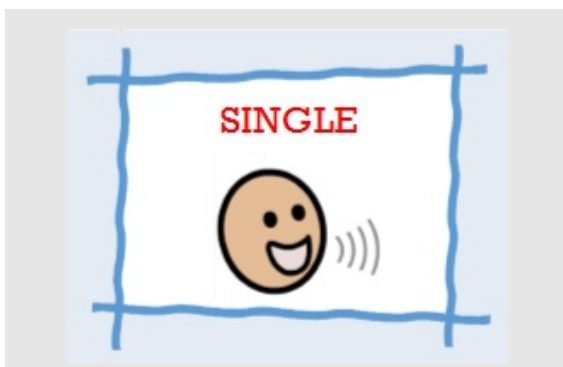
Plug in two different appliances, with one switch or iPad button controlling each, and students choose which appliance to activate. Practice switch differentiation by setting up two blenders, one empty and one full of ingredients, and ask the student to make a smoothie, requiring them to recognize and activate the correct blender. Or let students communicate preferences and get creative with their cooking; for example, make a ham and cheese sandwich then ask students how to cook it, giving them the option of turning on the toaster oven or the panini press.

### Sequencing

Again, connect two different electrical appliances each controlled by their own respective switch or iPad button. When following a recipe that uses two different electrical appliances, have the student activate the correct device at the appropriate time. For example, combine the ingredients to make soup in the blender, then cook it in the toaster oven; or make coffee in the coffee maker then blend it with coconut oil in the blender.

## Communication Corner

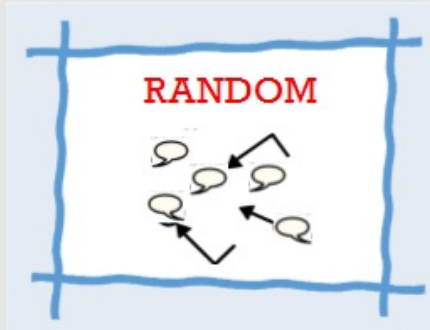
Ideas for using different switch communicators to practice cooking skills



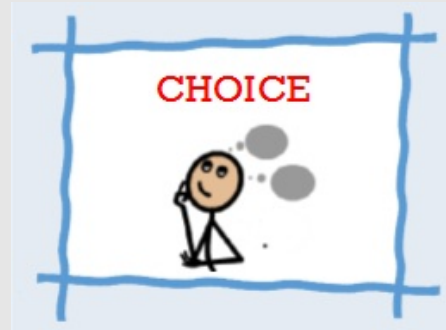


Program in a command for a student to give at appropriate times. For example, the student could control how much of each ingredient is added to a recipe by communicating a "stop" command to somebody who is slowly adding ingredients. This can help students work on switch timing as well as math skills (ex. counting 5 strawberries as they are added and activating the switch before adding the 6th).

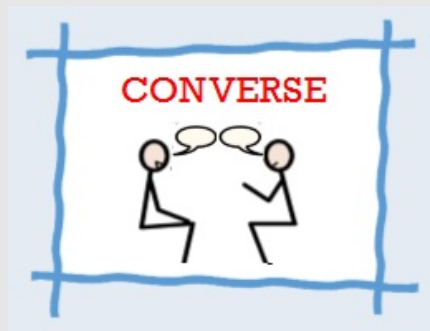
Program in the steps of a recipe, one after the other. The student can lead their classmates in a cooking activity by activating their switch to communicate the next step in the recipe. The student must give the next command at the appropriate time, requiring awareness of their classmates, leadership, patience, switch timing skills, and more.



Experiment with creating recipes! Program in different ingredients to add or different amounts that can be added. The student can press their switch to randomly pick what goes into the recipe! See how different ingredients taste mixed together or how the amount of a certain ingredient affects how much you can taste it in the finished product.



Assign one switch to always play one message and the other to always play a different one. For example, a student uses one switch to communicate to "add more" to a recipe, and the other switch to communicate when "that's enough"



Program in the steps of a recipe, then connect an external switch and have two students work together to take turns telling each step of the recipe. This works just like the "sequence" example, but requires an even greater degree of awareness and teamwork. The students must not only be aware of when their classmates are ready to be told the next step in the recipe, but must also recognize when it is or is not their turn to tell that step.



Program in the steps of a recipe in a random order. Have the student step through the mixed up messages at half volume, find the first step in the recipe, then play that message aloud. Repeat for the second, third, fourth step, etc. Students can perform this task as simple sequencing practice, or they could use it to dictate the steps of a recipe to classmates as they perform those steps (like in the "sequence" example).

Ask students questions. For example, "how many strawberries should we add to the smoothie" with numeric answer choices, or "what should we do to the broccoli?" with answer choices like "wash" "chop" "boil" "sauté" "blend" "bake" "freeze" "mix". You could ask any types of questions - they could require students to interpret the recipe and tell you a 'correct' answer, or

they could allow the student to creatively make selections in the cooking process.

## Save With The SmoothTalker

# Enjoy 10% Off



Use Code:  
SMOOTHALKER10

Different switch communicators are available to perform each of the above functions individually. The SmoothTalker is a switch communication device that has six different modes - one for each of the above functions. At only \$165, the SmoothTalker gives you significantly more device for your dollar!

SHOP NOW

## Community Collaboration

When we say we're a community, we mean that. We want to hear from you! Did you do something great in your classroom (or have you heard about another teacher that did) and you want to share your ideas with others? Do you have an idea for a theme or is there something specific you want to get more ideas on? Teaching is a cooperative profession - let's learn from each other! Email your comments or ideas to [info@inclusivetlc.com](mailto:info@inclusivetlc.com) and start sharing!

## Quote of the Week

"The biggest risk of *not* including a child with disabilities is that we limit *everyone's* potential as human beings"

Inclusive TLC | 704-243-3622 | [info@inclusivetlc.com](mailto:info@inclusivetlc.com) | [www.inclusivetlc.com](http://www.inclusivetlc.com)

STAY CONNECTED

