

## HOME ENVIRONMENT SKILLS

### III. COOKING (*Thirty-Two Meals*)

This section is intended for use ideally only after training on Section II is completed — at least from the start of the kitchen safety skills to the end of that section.

Section III develops a highly structured and wholistic approach to the training of cooking skills applied to thirty-two meals: eight breakfasts, eight lunches, eight dinners, and eight snacks. To avoid the need to retrain in one environment a skill that was learned in another environment, and depending on the client's ability to transfer use of a skill from one environment to another, it is suggested to consider using the client's *home* as the primary training environment.

Virtually every meal in Section III is broken down into three component skills: *Item Recognition And Location*, *Prerequisite Skills Involved*, and actual *Meal Preparation*. The component **Item Recognition And Location** is designed to train the recognition (verbal or non-verbal) of the ingredients and utensils involved in preparing the meal, and locating the items in the kitchen as well as in a community store. The component **Prerequisite Skills Involved** is designed to concentrate training on functional specifics that, if not learned before attempting to prepare the entire meal, are considered likely to interrupt unfavorably the continuity of the meal preparation process. The component **Meal Preparation** is designed to synthesize the preparation of the target meal. It incorporates checking to see if all ingredients are on hand and present in sufficient amounts, purchasing any ingredient missing or not in sufficient supply, washing hands without cue before beginning food preparation and at any other appropriate time, actual preparation of the meal, setting the table, preparing the meal in a reasonable amount of time, effectively coordinating the timing of the meal preparation, serving the food, clearing the table after the meal, storing leftovers, putting away food and equipment used to prepare the meal, washing the dishes, cleaning the kitchen and dining areas, and following kitchen safety precautions throughout.

It is important to state that the *Meal Preparation* component of each meal was originally conceived to be taught in conjunction with picture recipes to be developed by the Portland Habilitation Center. These picture recipes are in part rough-drafted but have not yet been completed. As a result, the Reader likely will note the gross-analysis end-goal treatment given to the actual food preparation tasks of this component (i.e. *the italicized tasks*); **detailed** analyses were to be incorporated into the picture recipes. In the absence of the picture recipes, instructors will need to write their own task analyses for these tasks. It is believed each of the thirty-two meals *individually* (if viewed in its three-component entirety) and the thirty-two meals *together* (if viewed as a logical progression of skill acquisition) are sufficiently comprehensive, novel, and useful as to merit inclusion herein even without the picture recipes.

Section III addresses only those aspects of food preparation and kitchen skills that are *specific* and *directly applicable* to each target meal selected for training and, therefore, the section is *not* intended for use as a *general* treatment of a food preparation or kitchen skill. For example, if a meal herein requires measuring 1 teaspoon of sugar or setting a timer for 10 minutes, training is limited to these very specific skills and is not intended to include training *other* measurement increments or *other* times for the timer. Furthermore, it is suggested to consider not beginning training in this section with a client until he or she has learned or would experience only minimal difficulties with the skills of setting the table, storing leftovers, and washing dishes. For a more comprehensive treatment of these and other general food preparation and kitchen skills, see Section II. **Skills Associated With Meal Preparation And Survival-Type Food Preparation and Section V. Kitchen Equipment Skills.**

Each meal, excluding the eight snacks, is nutritionally balanced according to the Basic Four Food Group approach to nutrition, and each of the thirty-two meals is designed deliberately to expose the client to different foods and different food preparation skills.

Finally, the meals are intended to be taught in the same order in which they appear. This is due to two reasons. First, **the meals are interdependent** to the extent that any item (e.g. milk, hand timer) that appears in a given *Item Recognition And Location* does *not* appear in a *subsequent* *Item Recognition And Location*; similarly, any performance task (e.g. turning a stove burner to high) that appears in a given *Prerequisite Skills Involved* does *not* appear in a *subsequent* *Prerequisite Skills Involved*. To put it another way: Any cooking item or skill that is obviously part of a given meal, but does not appear in that meal, appears in a *previous* meal where it was intended to have been dealt with. Instructors wishing to untie the meals from this interdependency may do so simply by incorporating the item or skill in question into the meal at hand. The second reason the meals are intended to be taught in the same order in which they appear is that, for the most part, **the meals are arranged in order of increasing difficulty and complexity.**

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## BREAKFAST ONE

*Cold Cereal With Milk And Sliced Banana**Boiled Sausages**Instant Coffee*

## 144.1 BREAKFAST ONE: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- |                  |                      |                            |                |
|------------------|----------------------|----------------------------|----------------|
| ■ Shredded wheat | ■ Bananas            | ■ Sugar bowl               | ■ Teakettle    |
| ■ Corn flakes    | ■ Sausages (Smokies) | ■ Saucepan and lid (small) | ■ Hand timer   |
| ■ Raisin bran    | ■ Instant coffee     | ■ Stove                    | ■ Paring knife |
| ■ Milk           | ■ Sugar              | ■ Pot holder               |                |

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- |                  |                      |                            |                |
|------------------|----------------------|----------------------------|----------------|
| ■ Shredded wheat | ■ Bananas            | ■ Sugar bowl               | ■ Teakettle    |
| ■ Corn flakes    | ■ Sausages (Smokies) | ■ Saucepan and lid (small) | ■ Hand timer   |
| ■ Raisin bran    | ■ Instant coffee     | ■ Stove                    | ■ Paring knife |
| ■ Milk           | ■ Sugar              | ■ Pot holder               |                |

Client, when asked, locates each item in kitchen.

- |                  |                      |                            |                |
|------------------|----------------------|----------------------------|----------------|
| ■ Shredded wheat | ■ Bananas            | ■ Sugar bowl               | ■ Teakettle    |
| ■ Corn flakes    | ■ Sausages (Smokies) | ■ Saucepan and lid (small) | ■ Hand timer   |
| ■ Raisin bran    | ■ Instant coffee     | ■ Stove                    | ■ Paring knife |
| ■ Milk           | ■ Sugar              | ■ Pot holder               |                |

Client, when asked, locates each item in community store.

- |                  |               |                      |                  |
|------------------|---------------|----------------------|------------------|
| ■ Shredded wheat | ■ Raisin bran | ■ Bananas            | ■ Instant coffee |
| ■ Corn flakes    | ■ Milk        | ■ Sausages (Smokies) | ■ Sugar          |

## 144.2 BREAKFAST ONE: Prerequisite Skills Involved

- Turns *specific burner*: ■ On high ■ And off
- Turns *any burner* on high ■ And off
- Boils water in saucepan ■ Boils water in teakettle ■ Pours boiling water from teakettle into cup or mug without spilling
- Unscrews a lid from a glass jar ■ Demonstrates tapping lid or running it under hot water if lid is too tight
- Demonstrates measuring a teaspoon (or other required amount) of instant coffee ■ Sets timer for 10 minutes
- Peels banana ■ Slices banana into reasonable size slices with paring knife

## 144.3 BREAKFAST ONE: Meal Preparation

- Checks to see if has all ingredients on hand ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Prepares cold cereal with milk and sliced bananas*
- *Boils sausages*
- *Prepares instant coffee*
- Sets table ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food ■ Clears table ■ Stores leftovers ■ Puts away food and equipment used to prepare meal ■ Washes dishes
- Cleans kitchen and dining areas ■ Follows kitchen safety precautions throughout

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## LUNCH ONE

*Peanut Butter And Strawberry Jam Sandwich  
Fresh Whole Apple  
Milk*

## 145.1 LUNCH ONE: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- |                  |                         |                 |                               |
|------------------|-------------------------|-----------------|-------------------------------|
| ■ Peanut butter  | ■ Apples                | ■ Cutting board | ■ Paper bag                   |
| ■ Strawberry jam | ■ Cutting knife (large) | ■ Thermos       | ■ Plastic wrap or waxed paper |
| ■ Bread          |                         |                 |                               |

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- |                  |                         |                 |                               |
|------------------|-------------------------|-----------------|-------------------------------|
| ■ Peanut butter  | ■ Apples                | ■ Cutting board | ■ Paper bag                   |
| ■ Strawberry jam | ■ Cutting knife (large) | ■ Thermos       | ■ Plastic wrap or waxed paper |
| ■ Bread          |                         |                 |                               |

Client, when asked, locates each item in kitchen.

- |                  |                         |                 |                               |
|------------------|-------------------------|-----------------|-------------------------------|
| ■ Peanut butter  | ■ Apples                | ■ Cutting board | ■ Paper bag                   |
| ■ Strawberry jam | ■ Cutting knife (large) | ■ Thermos       | ■ Plastic wrap or waxed paper |
| ■ Bread          |                         |                 |                               |

Client, when asked, locates each item in community store.

- |                 |                  |         |          |
|-----------------|------------------|---------|----------|
| ■ Peanut butter | ■ Strawberry jam | ■ Bread | ■ Apples |
|-----------------|------------------|---------|----------|

## 145.2 LUNCH ONE: Prerequisite Skills Involved

- Spreads peanut butter on slice of bread with table knife
- Slices bread in half with cutting knife
- Fills thermos appropriately with water
- Pours appropriate amount of water from thermos into cup without spilling

## 145.3 LUNCH ONE: Meal Preparation

- Checks to see if has all ingredients on hand
- Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply
- Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- Prepares peanut butter and strawberry jam sandwich
- Fills thermos with milk
- Gets fresh whole apple
- Prepares food for sack lunch
- Packs lunch
- Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Puts away food and equipment used to prepare meal
- Cleans kitchen
- Follows kitchen safety precautions throughout

## DINNER ONE

*Canned Spaghetti And Meatballs  
Frozen Green Beans  
French Bread With Margarine  
Red Wine With 7-Up, Or Milk  
Raspberry Jello With Fruit Cocktail And Whipped Topping*

## 145.4 DINNER ONE: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- |                                   |             |                         |                                |
|-----------------------------------|-------------|-------------------------|--------------------------------|
| ■ Canned spaghetti & meatballs    | ■ Margarine | ■ Can of fruit cocktail | ■ Saucepan and lid (medium)    |
| ■ Frozen green beans (French cut) | ■ Red wine  | ■ Whipped topping       | ■ Bowl (medium)                |
| ■ French bread (pre-sliced)       | ■ 7-Up      | ■ Bottle opener         | ■ Strainer                     |
| ■ Raspberry jello                 |             | ■ Hand can opener       | ■ One-cup liquid measuring cup |

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## DINNER ONE (Cont.)

## DINNER ONE: Item Recognition And Location (Cont.)

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- |                                   |                   |                                |                             |
|-----------------------------------|-------------------|--------------------------------|-----------------------------|
| ■ Canned spaghetti & meatballs    | ■ Margarine       | ■ Can of fruit cocktail        | ■ Saucepan and lid (medium) |
| ■ Frozen green beans (French cut) | ■ Red wine        | ■ Whipped topping              | ■ Bowl (medium)             |
| ■ French bread (pre-sliced)       | ■ 7-Up            | ■ Bottle opener                | ■ Strainer                  |
| ■ Raspberry jello                 | ■ Hand can opener | ■ One-cup liquid measuring cup |                             |

Client, when asked, locates each item in kitchen.

- |                                   |                   |                                |                             |
|-----------------------------------|-------------------|--------------------------------|-----------------------------|
| ■ Canned spaghetti & meatballs    | ■ Margarine       | ■ Can of fruit cocktail        | ■ Saucepan and lid (medium) |
| ■ Frozen green beans (French cut) | ■ Red wine        | ■ Whipped topping              | ■ Bowl (medium)             |
| ■ French bread (pre-sliced)       | ■ 7-Up            | ■ Bottle opener                | ■ Strainer                  |
| ■ Raspberry jello                 | ■ Hand can opener | ■ One-cup liquid measuring cup |                             |

Client, when asked, locates each item in community store.

- |                                   |                             |                   |                         |
|-----------------------------------|-----------------------------|-------------------|-------------------------|
| ■ Canned spaghetti & meatballs    | ■ French bread (pre-sliced) | ■ 7-Up            | ■ Can of fruit cocktail |
| ■ Frozen green beans (French cut) | ■ Margarine                 | ■ Raspberry jello | ■ Whipped topping       |
| ■ Red wine                        |                             |                   |                         |

## 146.1 DINNER ONE: Prerequisite Skills Involved

- Turns *specific burner*: ■ On medium ■ And low
- Turns *any burner* on medium ■ And low
- Sets timer for 15 minutes ■ Measures 1 cup water in liquid 1-cup measuring cup ■ And pours into bowl without spilling
- Opens pop bottle with bottle opener ■ Opens empty can with hand can opener

## 146.2 DINNER ONE: Meal Preparation

- Checks to see if has all ingredients ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- Prepares *canned spaghetti and meatballs*
- Prepares *frozen green beans*
- Spreads *margarine on French bread*
- Prepares *raspberry jello with fruit cocktail and whipped topping*
- Prepares: *Red wine with 7-Up* ■ Or milk
- Sets table ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food ■ Clears table ■ Stores leftovers ■ Puts away food and equipment used to prepare meal ■ Washes dishes
- Cleans kitchen and dining areas ■ Follows kitchen safety precautions throughout

## SNACK ONE

*Fresh Orange*

## 146.3 SNACK ONE: Item Recognition And Location

- Client is shown fresh orange and asked: "What is this?" (Orange)
- Client is shown several food items including a fresh orange and asked: "Point to the orange."
- Client, when asked, locates fresh orange in kitchen ■ Client, when asked, locates fresh orange in community store

## 146.4 SNACK ONE: Snack Preparation

- Checks to see if has orange ■ Purchases orange if missing ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)



## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## SNACK ONE (Cont.)

## SNACK ONE: Snack Preparation (Cont.)

- *Peels fresh orange*
- Prepares snack in reasonable amount of time (i.e. duration of total meal preparation time is reasonable) ■ Serves orange
- Clears table ■ Stores any leftover orange ■ Washes dish(es) if used ■ Cleans kitchen and dining areas
- Follows kitchen safety precautions throughout

## BREAKFAST TWO

*Hard-Boiled Eggs*  
*Toast With Margarine*  
*Canned Peaches*  
*Hot Chocolate*

## 147.1 BREAKFAST TWO: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- Eggs ■ Canned peaches ■ Instant hot chocolate mix ■ Salt ■ Pepper ■ Toaster

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- Eggs ■ Canned peaches ■ Instant hot chocolate mix ■ Salt ■ Pepper ■ Toaster

Client, when asked, locates each item in kitchen.

- Eggs ■ Canned peaches ■ Instant hot chocolate mix ■ Salt ■ Pepper ■ Toaster

Client, when asked, locates each item in community store.

- Eggs ■ Canned peaches ■ Instant hot chocolate mix ■ Salt ■ Pepper

## 147.2 BREAKFAST TWO: Prerequisite Skills Involved

- Peels hard-boiled egg

## 147.3 BREAKFAST TWO: Meal Preparation

- Checks to see if has all ingredients ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Hard boils eggs*
- *Toasts bread* ■ *Spreads margarine on toast*
- *Opens and serves canned peaches*
- *Prepares instant hot chocolate*
- Sets table ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food ■ Clears table ■ Stores leftovers ■ Puts away food and equipment used to prepare meal ■ Washes dishes
- Cleans kitchen and dining areas ■ Follows kitchen safety precautions throughout

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## LUNCH TWO

*Bologna Sandwich With Tomato Slices And Lettuce**Potato Chips**Applesauce**Milk*

## 148.1 LUNCH TWO: Item Recognition And Location

Client is shown each item and asked: "What is this?"

■ Bologna (pre-sliced) ■ Tomato ■ Lettuce ■ Mayonnaise ■ Potato chips ■ Jar of applesauce

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

■ Bologna (pre-sliced) ■ Tomato ■ Lettuce ■ Mayonnaise ■ Potato chips ■ Jar of applesauce

Client, when asked, locates each item in kitchen.

■ Bologna (pre-sliced) ■ Tomato ■ Lettuce ■ Mayonnaise ■ Potato chips ■ Jar of applesauce

Client, when asked, locates each item in community store.

■ Bologna (pre-sliced) ■ Tomato ■ Lettuce ■ Mayonnaise ■ Potato chips ■ Jar of applesauce

## 148.2 LUNCH TWO: Prerequisite Skills Involved

■ Washes tomato ■ Washes lettuce

## 148.3 LUNCH TWO: Meal Preparation

■ Checks to see if has all ingredients on hand ■ Checks to see if has sufficient amount of all ingredients

■ Purchases any ingredient missing or not in sufficient supply ■ Washes hands without cue before beginning food preparation

■ Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)

■ Prepares bologna sandwich (with tomato slices and lettuce)

■ Puts potato chips on plate

■ Pours milk

■ Puts applesauce in bowl

■ Sets table ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)

■ Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)

■ Serves food ■ Clears table ■ Stores leftovers ■ Puts away food and equipment used to prepare meal ■ Washes dishes

■ Cleans kitchen and dining areas ■ Follows kitchen safety precautions throughout

## DINNER TWO

*Canned Chili With Beans**Tossed Salad With Bottled Blue Cheese Or French Dressing**Hard Dinner Roll With Margarine**Cottage Cheese With Canned Pears**Instant Coffee*

## 148.4 DINNER TWO: Item Recognition And Location

Client is shown each item and asked: "What is this?"

■ Canned chili with beans

■ Carrots

■ Hard dinner roll

■ Cottage cheese

■ Green onions (small bunch)

■ Bottled blue cheese dressing

■ Coffee creamer

■ Canned pears

■ Radishes

■ Bottled French dressing

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

■ Canned chili with beans

■ Carrots

■ Hard dinner roll

■ Cottage cheese

■ Green onions (small bunch)

■ Bottled blue cheese dressing

■ Coffee creamer

■ Canned pears

■ Radishes

■ Bottled French dressing

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## DINNER TWO (Cont.)

## DINNER TWO: Item Recognition And Location (Cont.)

Client, when asked, locates each item in kitchen.

- |                              |                                |                    |                  |
|------------------------------|--------------------------------|--------------------|------------------|
| ■ Canned chili with beans    | ■ Carrots                      | ■ Hard dinner roll | ■ Cottage cheese |
| ■ Green onions (small bunch) | ■ Bottled blue cheese dressing | ■ Coffee creamer   | ■ Canned pears   |
| ■ Radishes                   | ■ Bottled French dressing      |                    |                  |

Client, when asked, locates each item in community store.

- |                              |                                |                    |                  |
|------------------------------|--------------------------------|--------------------|------------------|
| ■ Canned chili with beans    | ■ Carrots                      | ■ Hard dinner roll | ■ Cottage cheese |
| ■ Green onions (small bunch) | ■ Bottled blue cheese dressing | ■ Coffee creamer   | ■ Canned pears   |
| ■ Radishes                   | ■ Bottled French dressing      |                    |                  |

## 149.1 DINNER TWO: Prerequisite Skills Involved

- Washes green onions    ■ Washes radishes    ■ Washes carrots

## 149.2 DINNER TWO: Meal Preparation

- Checks to see if has all ingredients on hand    ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply    ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Prepares canned chili with beans*
- *Prepares tossed salad with blue cheese or French dressing*
- *Puts hard dinner roll and margarine on plate*
- *Prepares cottage cheese with canned pears*
- *Prepares instant coffee*
- Sets table    ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food    ■ Clears table    ■ Stores leftovers    ■ Puts away food and equipment used to prepare meal    ■ Washes dishes
- Cleans kitchen and dining areas    ■ Follows kitchen safety precautions throughout

## SNACK TWO

*Sliced Cheddar Cheese On Crackers*  
*Bottled Cranberry-Apple Juice*

## 149.3 SNACK TWO: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- Cheddar cheese    ■ Crackers    ■ Bottled cranberry-apple juice

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- Cheddar cheese    ■ Crackers    ■ Bottled cranberry-apple juice

Client, when asked, locates each item in kitchen.

- Cheddar cheese    ■ Crackers    ■ Bottled cranberry-apple juice

Client, when asked, locates each item in community store.

- Cheddar cheese    ■ Crackers    ■ Bottled cranberry-apple juice

## 149.4 SNACK TWO: Snack Preparation

- Checks to see if has all ingredients on hand    ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply    ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Slices cheddar cheese and arranges slices on crackers*
- *Pours bottled cranberry-apple juice*

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## SNACK TWO (Cont.)

## SNACK TWO: Snack Preparation (Cont.)

- Prepares snack in reasonable amount of time (i.e. duration of total snack preparation time is reasonable) ■ Serves food
- Clears table ■ Stores leftovers ■ Puts away food and equipment used to prepare meal ■ Washes dishes
- Cleans kitchen and dining areas ■ Follows kitchen safety precautions throughout

## BREAKFAST THREE

*Soft-Boiled Eggs**Toasted English Muffin With Margarine And Honey**Fruit-Flavored Yogurt**Instant Tea*

## 150.1 BREAKFAST THREE: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- English muffins (pre-sliced) ■ Honey ■ Strawberry yogurt ■ Peach yogurt ■ Apricot yogurt ■ Instant tea

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- English muffins (pre-sliced) ■ Honey ■ Strawberry yogurt ■ Peach yogurt ■ Apricot yogurt ■ Instant tea

Client, when asked, locates each item in kitchen.

- English muffins (pre-sliced) ■ Honey ■ Strawberry yogurt ■ Peach yogurt ■ Apricot yogurt ■ Instant tea

Client, when asked, locates each item in community store.

- English muffins (pre-sliced) ■ Honey ■ Strawberry yogurt ■ Peach yogurt ■ Apricot yogurt ■ Instant tea

## 150.2 BREAKFAST THREE: Prerequisite Skills Involved

- Sets timer for 4 minutes

## 150.3 BREAKFAST THREE: Meal Preparation

- Checks to see if has all ingredients on hand ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Soft boils eggs*
- *Toasts English muffins and spreads with margarine and honey*
- *Puts fruit-flavored yogurt in bowl*
- *Prepares instant tea*
- Sets table ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food ■ Clears table ■ Stores leftovers ■ Puts away food and equipment used to prepare meal ■ Washes dishes
- Cleans kitchen and dining areas ■ Follows kitchen safety precautions throughout

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## LUNCH THREE

*Chicken And Rice Soup*  
*American Cheese Sandwich*  
*Canned Apricots*  
*Instant Iced Tea*

## 151.1 LUNCH THREE: Item Recognition And Location

Client is shown each item and asked: "What is this?"

■ Chicken and rice soup   ■ American cheese (pre-sliced)   ■ Canned apricots   ■ Ice cubes   ■ Ladle

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

■ Chicken and rice soup   ■ American cheese (pre-sliced)   ■ Canned apricots   ■ Ice cubes   ■ Ladle

Client, when asked, locates each item in kitchen.

■ Chicken and rice soup   ■ American cheese (pre-sliced)   ■ Canned apricots   ■ Ice cubes   ■ Ladle

Client, when asked, locates each item in community store.

■ Chicken and rice soup   ■ American cheese (pre-sliced)   ■ Canned apricots

## 151.2 LUNCH THREE: Prerequisite Skills Involved

- Takes appropriate number of ice cubes out of ice cube tray and puts in glass
- Refills empty ice cube tray with water   ■ Puts refilled ice cube tray in freezer appropriately   ■ And without spilling

## 151.3 LUNCH THREE: Meal Preparation

- Checks to see if has all ingredients on hand   ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply   ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- Prepares chicken and rice soup
- Prepares American cheese sandwich
- Opens and serves canned apricots
- Prepares instant iced tea
- Sets table   ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food   ■ Clears table   ■ Stores leftovers   ■ Puts away food and equipment used to prepare meal   ■ Washes dishes
- Cleans kitchen and dining areas   ■ Follows kitchen safety precautions throughout

## DINNER THREE

*Canned Beef Stew*  
*Boiled Fresh Zucchini*  
*Buttered Elbow Macaroni With Parmesan Cheese*  
*Instant Chocolate Pudding*  
*Milk*

## 151.4 DINNER THREE: Item Recognition And Location

Client is shown each item and asked: "What is this?"

■ Canned beef stew   ■ Elbow macaroni (medium)   ■ Instant chocolate pudding   ■ Egg beater  
 ■ Fresh zucchini   ■ Parmesan cheese   ■ Spatula   ■ Colander

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

■ Canned beef stew   ■ Elbow macaroni (medium)   ■ Instant chocolate pudding   ■ Egg beater  
 ■ Fresh zucchini   ■ Parmesan cheese   ■ Spatula   ■ Colander

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## DINNER THREE (Cont.)

## DINNER THREE: Item Recognition And Location (Cont.)

**Client, when asked, locates each item in kitchen.**

- |                    |                           |                             |              |
|--------------------|---------------------------|-----------------------------|--------------|
| ■ Canned beef stew | ■ Elbow macaroni (medium) | ■ Instant chocolate pudding | ■ Egg beater |
| ■ Fresh zucchini   | ■ Parmesan cheese         | ■ Spatula                   | ■ Colander   |

**Client, when asked, locates each item in community store.**

- |                    |                           |                   |                             |
|--------------------|---------------------------|-------------------|-----------------------------|
| ■ Canned beef stew | ■ Elbow macaroni (medium) | ■ Parmesan cheese | ■ Instant chocolate pudding |
| ■ Fresh zucchini   |                           |                   |                             |

## 152.1 DINNER THREE: Prerequisite Skills Involved

- Sets timer for 20 minutes
- Demonstrates use of egg beater in bowl of water
- Measures 2 cups water using liquid 1-cup measuring cup and pours water into bowl

## 152.2 DINNER THREE: Meal Preparation

- Checks to see if has all ingredients on hand
- Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply
- Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Prepares canned beef stew*
- *Prepares boiled zucchini*
- *Prepares buttered elbow macaroni with Parmesan cheese*
- *Prepares instant chocolate pudding*
- *Pours milk*
- Sets table
- Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food
- Clears table
- Stores leftovers
- Puts away food and equipment used to prepare meal
- Washes dishes
- Cleans kitchen and dining areas
- Follows kitchen safety precautions throughout

## SNACK THREE

*Graham Crackers With Peanut Butter*  
*Instant Grape Drink*

## 152.3 SNACK THREE: Item Recognition And Location

**Client is shown each item and asked: "What is this?"**

- Graham crackers
- Instant grape drink

**Client is shown several food items including graham crackers and instant grape drink and asked: "Point to \_\_\_\_\_."**

- Graham crackers
- Instant grape drink

**Client, when asked, locates each item in kitchen.**

- Graham crackers
- Instant grape drink

**Client, when asked, locates each item in community store.**

- Graham crackers
- Instant grape drink

## 152.4 SNACK THREE: Snack Preparation

- Checks to see if has all ingredients on hand
- Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply
- Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Prepares peanut butter on graham crackers*
- *Prepares instant grape drink*
- Prepares snack in reasonable amount of time (i.e. duration of total snack preparation time is reasonable)
- Serves food

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## SNACK THREE (Cont.)

## SNACK THREE: Snack Preparation (Cont.)

- Clears table   ■ Puts away food and equipment used to prepare meal   ■ Washes dishes   ■ Cleans kitchen and dining areas
- Follows kitchen safety precautions throughout

## BREAKFAST FOUR

*Instant Oatmeal With Half And Half**1/2 Fresh Grapefruit**Toast With Peanut Butter**Tea*

## 153.1 BREAKFAST FOUR: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- Instant oatmeal (individually packaged servings)   ■ Half & half   ■ Grapefruit   ■ Tea bags   ■ Grapefruit knife

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- Instant oatmeal (individually packaged servings)   ■ Half & half   ■ Grapefruit   ■ Tea bags   ■ Grapefruit knife

Client, when asked, locates each item in kitchen.

- Instant oatmeal (individually packaged servings)   ■ Half & half   ■ Grapefruit   ■ Tea bags   ■ Grapefruit knife

Client, when asked, locates each item in community store.

- Instant oatmeal (individually packaged servings)   ■ Half & half   ■ Grapefruit   ■ Tea bags

## 153.2 BREAKFAST FOUR: Prerequisite Skills Involved

- Measures 2/3 cup water
- Cuts grapefruit in half properly so it can be sectioned   ■ Uses grapefruit knife to cut around each section

## 153.3 BREAKFAST FOUR: Meal Preparation

- Checks to see if has all ingredients on hand   ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply   ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- Prepares instant oatmeal (individually packaged servings)
- Prepares 1/2 fresh grapefruit
- Toasts bread and spreads with peanut butter
- Prepares tea using tea bag
- Sets table   ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food   ■ Clears table   ■ Stores leftovers   ■ Puts away food and equipment used to prepare meal   ■ Washes dishes
- Cleans kitchen and dining areas   ■ Follows kitchen safety precautions throughout

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## LUNCH FOUR

*Minestrone Soup**Ham Sandwich With Mustard On Rye Bread**Packaged Oatmeal Cookies**Milk*

## 154.1 LUNCH FOUR: Item Recognition And Location

Client is shown each item and asked: "What is this?"

■ Minestrone soup	■ Ham (pre-sliced)	■ Rye bread (pre-sliced)	■ Mustard	■ Milk (skim)	■ Packaged oatmeal cookies
-------------------	--------------------	--------------------------	-----------	---------------	----------------------------

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

■ Minestrone soup	■ Ham (pre-sliced)	■ Rye bread (pre-sliced)	■ Mustard	■ Milk (skim)	■ Packaged oatmeal cookies
-------------------	--------------------	--------------------------	-----------	---------------	----------------------------

Client, when asked, locates each item in kitchen.

■ Minestrone soup	■ Ham (pre-sliced)	■ Rye bread (pre-sliced)	■ Mustard	■ Milk (skim)	■ Packaged oatmeal cookies
-------------------	--------------------	--------------------------	-----------	---------------	----------------------------

Client, when asked, locates each item in community store.

■ Minestrone soup	■ Ham (pre-sliced)	■ Rye bread (pre-sliced)	■ Mustard	■ Milk (skim)	■ Packaged oatmeal cookies
-------------------	--------------------	--------------------------	-----------	---------------	----------------------------

## 154.2 LUNCH FOUR: Meal Preparation

- Checks to see if has all ingredients on hand    ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply    ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Prepares minestrone soup*
- *Prepares ham sandwich with mustard on rye bread*
- *Pours milk*
- *Puts packaged oatmeal cookies on plate*
- Sets table    ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food    ■ Clears table    ■ Stores leftovers    ■ Puts away food and equipment used to prepare meal    ■ Washes dishes
- Cleans kitchen and dining areas    ■ Follows kitchen safety precautions throughout

## DINNER FOUR

*Hot Dogs With Buns**Frozen Corn**Fresh Fruit Salad**Vanilla Ice Cream**Chocolate-Flavored Milk*

## 154.3 DINNER FOUR: Item Recognition And Location

Client is shown each item and asked: "What is this?"

■ Hot dogs	■ Canned pineapple chunks	■ Miniature marshmallows	■ Instant chocolate mix
■ Hot dog buns	■ Fresh or canned grapes	■ Ketchup	■ Vanilla ice cream
■ Frozen corn	■ Sour cream	■ Hot dog relish	■ Freezer

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

■ Hot dogs	■ Canned pineapple chunks	■ Miniature marshmallows	■ Instant chocolate mix
■ Hot dog buns	■ Fresh or canned grapes	■ Ketchup	■ Vanilla ice cream
■ Frozen corn	■ Sour cream	■ Hot dog relish	■ Freezer

Client, when asked, locates each item in kitchen.

■ Hot dogs	■ Canned pineapple chunks	■ Miniature marshmallows	■ Instant chocolate mix
■ Hot dog buns	■ Fresh or canned grapes	■ Ketchup	■ Vanilla ice cream
■ Frozen corn	■ Sour cream	■ Hot dog relish	■ Freezer



## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## DINNER FOUR (Cont.)

## DINNER FOUR: Item Recognition And Location (Cont.)

Client, when asked, locates each item in community store.

- |                |                           |                          |                         |
|----------------|---------------------------|--------------------------|-------------------------|
| ■ Hot dogs     | ■ Canned pineapple chunks | ■ Miniature marshmallows | ■ Instant chocolate mix |
| ■ Hot dog buns | ■ Fresh or canned grapes  | ■ Ketchup                | ■ Vanilla ice cream     |
| ■ Frozen corn  | ■ Sour cream              | ■ Hot dog relish         |                         |

## 155.1 DINNER FOUR: Meal Preparation

- Checks to see if has all ingredients on hand    ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply    ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Prepares hot dogs with buns*
- *Prepares frozen corn*
- *Prepares chocolate-flavored milk*
- *Puts vanilla ice cream in bowl*
- *Prepares fresh fruit salad with banana, orange, apple, grapes, canned pineapple chunks, marshmallows, and sour cream dressing*
- Sets table    ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food    ■ Clears table    ■ Stores leftovers    ■ Puts away food and equipment used to prepare meal    ■ Washes dishes
- Cleans kitchen and dining areas    ■ Follows kitchen safety precautions throughout

## SNACK FOUR

*Celery Sticks Filled With Cream Cheese*  
*Frozen Lemonade*

## 155.2 SNACK FOUR: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- Celery    ■ Cream cheese    ■ Can of frozen lemonade    ■ Pitcher

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- Celery    ■ Cream cheese    ■ Can of frozen lemonade    ■ Pitcher

Client, when asked, locates each item in kitchen.

- Celery    ■ Cream cheese    ■ Can of frozen lemonade    ■ Pitcher

Client, when asked, locates each item in community store.

- Celery    ■ Cream cheese    ■ Can of frozen lemonade

## 155.3 SNACK FOUR: Prerequisite Skills Involved

- Fills empty juice can three times with water

## 155.4 SNACK FOUR: Snack Preparation

- Checks to see if has all ingredients on hand    ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply    ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Fills celery sticks with cream cheese*
- *Prepares frozen lemonade*
- Prepares snack in reasonable amount of time (i.e. duration of total snack preparation time is reasonable)
- Serves food    ■ Clears table    ■ Stores leftovers    ■ Puts away food and equipment used to prepare snack    ■ Washes dishes
- Cleans kitchen and dining areas    ■ Follows kitchen safety precautions throughout

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## BREAKFAST FIVE

*Scrambled Eggs*  
*Fresh Orange Slices*  
*Cinnamon Rolls*  
*Hot Chocolate*

## 156.1 BREAKFAST FIVE: Item Recognition And Location

Client is shown each item and asked: "What is this?"

■ Packaged cinnamon rolls ■ Frying pan (medium) ■ Cookie sheet ■ Mixing bowl (small)

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

■ Packaged cinnamon rolls ■ Frying pan (medium) ■ Cookie sheet ■ Mixing bowl (small)

Client, when asked, locates each item in kitchen.

■ Packaged cinnamon rolls ■ Frying pan (medium) ■ Cookie sheet ■ Mixing bowl (small)

Client, when asked, locates each item in community store.

■ Packaged cinnamon rolls

## 156.2 BREAKFAST FIVE: Prerequisite Skills Involved

■ Cracks eggs into bowl ■ No part of egg shell remains in bowl ■ Turns oven on to 350 degrees ■ Turns oven off

## 156.3 BREAKFAST FIVE: Meal Preparation

- Checks to see if has all ingredients on hand ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- Prepares scrambled eggs
- Prepares fresh orange slices
- Heats cinnamon rolls in oven
- Prepares hot chocolate
- Sets table ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food ■ Clears table ■ Stores leftovers ■ Puts away food and equipment used to prepare meal ■ Washes dishes
- Cleans kitchen and dining areas ■ Follows kitchen safety precautions throughout

## LUNCH FIVE

*Bacon, Lettuce, And Tomato Sandwich*  
*Cottage Cheese With Canned Pineapple Slices*  
*Packaged Chocolate Chip Cookies*  
*Milk*

## 156.4 LUNCH FIVE: Item Recognition And Location

Client is shown each item and asked: "What is this?"

■ Bacon ■ Canned pineapple slices ■ cookies ■ Broiler pan  
 ■ Paper towels ■ Packaged chocolate chip ■ Electric can opener ■ Meat fork

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

■ Bacon ■ Canned pineapple slices ■ cookies ■ Broiler pan  
 ■ Paper towels ■ Packaged chocolate chip ■ Electric can opener ■ Meat fork

Client, when asked, locates each item in kitchen.

■ Bacon ■ Canned pineapple slices ■ cookies ■ Broiler pan  
 ■ Paper towels ■ Packaged chocolate chip ■ Electric can opener ■ Meat fork

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## LUNCH FIVE (Cont.)

## LUNCH FIVE: Item Recognition And Location (Cont.)

Client, when asked, locates each item in community store.

- Bacon   ■ Paper towels   ■ Canned pineapple slices   ■ Packaged chocolate chip cookies

## 157.1 LUNCH FIVE: Prerequisite Skills Involved

- Opens empty tin can with electric can opener   ■ Sets oven at broil

## 157.2 LUNCH FIVE: Meal Preparation

- Checks to see if has all ingredients on hand   ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply   ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Prepares bacon, lettuce, and tomato sandwich*
- *Prepares cottage cheese with pineapple slices*
- *Pours milk*
- *Puts packaged chocolate chip cookies on plate*
- Sets table   ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food   ■ Clears table   ■ Stores leftovers   ■ Puts away food and equipment used to prepare meal   ■ Washes dishes
- Cleans kitchen and dining areas   ■ Follows kitchen safety precautions throughout

## DINNER FIVE

*Baked Frozen Fish Sticks*

*Baked Potato*

*Fresh Broccoli*

*Pound Cake*

*Milk*

## 157.3 DINNER FIVE: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- |                        |                       |                  |                  |
|------------------------|-----------------------|------------------|------------------|
| ■ Frozen fish sticks   | ■ Lemon               | ■ Fresh broccoli | ■ Tin foil       |
| ■ Bottled tartar sauce | ■ Potato (for baking) | ■ Pound cake     | ■ Pancake turner |

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- |                        |                       |                  |                  |
|------------------------|-----------------------|------------------|------------------|
| ■ Frozen fish sticks   | ■ Lemon               | ■ Fresh broccoli | ■ Tin foil       |
| ■ Bottled tartar sauce | ■ Potato (for baking) | ■ Pound cake     | ■ Pancake turner |

Client, when asked, locates each item in kitchen.

- |                        |                       |                  |                  |
|------------------------|-----------------------|------------------|------------------|
| ■ Frozen fish sticks   | ■ Lemon               | ■ Fresh broccoli | ■ Tin foil       |
| ■ Bottled tartar sauce | ■ Potato (for baking) | ■ Pound cake     | ■ Pancake turner |

Client, when asked, locates each item in community store.

- |                        |                       |                  |            |
|------------------------|-----------------------|------------------|------------|
| ■ Frozen fish sticks   | ■ Lemon               | ■ Fresh broccoli | ■ Tin foil |
| ■ Bottled tartar sauce | ■ Potato (for baking) | ■ Pound cake     |            |

## 157.4 DINNER FIVE: Meal Preparation

- Checks to see if has all ingredients on hand   ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply   ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Prepares baked frozen fish sticks with tartar sauce and lemon*
- *Bakes potato*

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## DINNER FIVE (Cont.)

## DINNER FIVE: Meal Preparation (Cont.)

- Prepares fresh braccali
- Pours milk
- Slices pound cake
- Sets table ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time) ■ Serves food ■ Clears table ■ Stores leftovers ■ Puts away food and equipment used to prepare meal
- Washes dishes ■ Cleans kitchen and dining areas ■ Follows kitchen safety precautions throughout

## SNACK FIVE

*Beef Jerky**Canned Vegetable Juice*

## 158.1 SNACK FIVE: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- Beef jerky ■ Canned vegetable juice ■ Punch-type can opener

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- Beef jerky ■ Canned vegetable juice ■ Punch-type can opener

Client, when asked, locates each item in kitchen.

- Beef jerky ■ Canned vegetable juice ■ Punch-type can opener

Client, when asked, locates each item in community store.

- Beef jerky ■ Canned vegetable juice

## 158.2 SNACK FIVE: Prerequisite Skills Involved

- Punches 2 holes in empty juice can in appropriate places for convenient pouring

## 158.3 SNACK FIVE: Snack Preparation

- Checks to see if has all ingredients on hand ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- Puts beef jerky on plate
- Pours canned vegetable juice
- Prepares snack in reasonable amount of time (i.e. duration of total snack preparation time is reasonable) ■ Serves food
- Clears table ■ Stores leftovers ■ Puts away food and equipment used to prepare snack ■ Washes dishes
- Cleans kitchen and dining areas ■ Follows kitchen safety precautions throughout

## BREAKFAST SIX

*French Toast With Maple Syrup Or Strawberry Jam**Frozen Orange Juice**Perked Coffee*

## 158.4 BREAKFAST SIX: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- |               |                         |                       |                          |
|---------------|-------------------------|-----------------------|--------------------------|
| ■ Maple syrup | ■ Frozen orange juice   | ■ Frying pan (large)  | ■ Flat baking pan        |
| ■ Cinnamon    | ■ Electric-grind coffee | ■ Electric coffee pot | ■ Metal measuring spoons |
| ■ Nutmeg      | ■ Shortening            |                       |                          |

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## BREAKFAST SIX (Cont.)

## BREAKFAST SIX: Item Recognition And Location (Cont.)

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- |               |                         |                       |                          |
|---------------|-------------------------|-----------------------|--------------------------|
| ■ Maple syrup | ■ Frozen orange juice   | ■ Frying pan (large)  | ■ Flat baking pan        |
| ■ Cinnamon    | ■ Electric-grind coffee | ■ Electric coffee pot | ■ Metal measuring spoons |
| ■ Nutmeg      | ■ Shortening            |                       |                          |

Client, when asked, locates each item in kitchen.

- |               |                         |                       |                          |
|---------------|-------------------------|-----------------------|--------------------------|
| ■ Maple syrup | ■ Frozen orange juice   | ■ Frying pan (large)  | ■ Flat baking pan        |
| ■ Cinnamon    | ■ Electric-grind coffee | ■ Electric coffee pot | ■ Metal measuring spoons |
| ■ Nutmeg      | ■ Shortening            |                       |                          |

Client, when asked, locates each item in community store.

- |               |                       |                         |              |
|---------------|-----------------------|-------------------------|--------------|
| ■ Maple syrup | ■ Nutmeg              | ■ Electric-grind coffee | ■ Shortening |
| ■ Cinnamon    | ■ Frozen orange juice |                         |              |

## 159.1 BREAKFAST SIX: Prerequisite Skills Involved

- |   |   |
|---|---|
| ■ Flips slice of bread in frying pan using a pancake turner       | ■ Assembles and disassembles coffee pot |
| ■ Measures 2 tablespoons coffee with 1-tablespoon measuring spoon | ■ Greases frying pan                    |

## 159.2 BREAKFAST SIX: Meal Preparation

- Checks to see if has all ingredients on hand
- Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply
- Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- Prepares French toast with margarine and syrup or jam
- Prepares frozen orange juice
- Prepares coffee in electric coffee pot
- Sets table
- Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food
- Clears table
- Stores leftovers
- Puts away food and equipment used to prepare meal
- Washes dishes
- Cleans kitchen and dining areas
- Follows kitchen safety precautions throughout

## LUNCH SIX

*Tuna Salad Sandwich*  
*Carrot And Celery Sticks*  
*Potato Chips*  
*Fruit-Flavored Yogurt*  
*Instant Iced Tea*

## 159.3 LUNCH SIX: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- |                    |                     |                 |                      |                    |
|--------------------|---------------------|-----------------|----------------------|--------------------|
| ■ Canned tuna fish | ■ Whole wheat bread | ■ Sweet pickles | ■ Boysenberry yogurt | ■ Raspberry yogurt |
|--------------------|---------------------|-----------------|----------------------|--------------------|

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- |                    |                     |                 |                      |                    |
|--------------------|---------------------|-----------------|----------------------|--------------------|
| ■ Canned tuna fish | ■ Whole wheat bread | ■ Sweet pickles | ■ Boysenberry yogurt | ■ Raspberry yogurt |
|--------------------|---------------------|-----------------|----------------------|--------------------|

Client, when asked, locates each item in kitchen.

- |                    |                     |                 |                      |                    |
|--------------------|---------------------|-----------------|----------------------|--------------------|
| ■ Canned tuna fish | ■ Whole wheat bread | ■ Sweet pickles | ■ Boysenberry yogurt | ■ Raspberry yogurt |
|--------------------|---------------------|-----------------|----------------------|--------------------|

Client, when asked, locates each item in community store.

- |                    |                     |                 |                      |                    |
|--------------------|---------------------|-----------------|----------------------|--------------------|
| ■ Canned tuna fish | ■ Whole wheat bread | ■ Sweet pickles | ■ Boysenberry yogurt | ■ Raspberry yogurt |
|--------------------|---------------------|-----------------|----------------------|--------------------|

## 159.4 LUNCH SIX: Meal Preparation

- Checks to see if has all ingredients on hand
- Checks to see if has sufficient amount of all ingredients

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## LUNCH SIX (Cont.)

## LUNCH SIX: Meal Preparation (Cont.)

- Purchases any ingredient missing or not in sufficient supply    ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Prepares tuna salad sandwich*
- *Prepares carrot and celery sticks*
- *Puts potato chips on plate*
- *Puts fruit-flavored boysenberry or raspberry yogurt in bowl*    ■ *Prepares instant iced tea*
- Sets table    ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)    ■ Serves food    ■ Clears table    ■ Stores leftovers    ■ Puts away food and equipment used to prepare meal
- Washes dishes    ■ Cleans kitchen and dining areas    ■ Follows kitchen safety precautions throughout

## DINNER SIX

*Broiled Hamburgers With Buns**Oven-Baked Frozen French Fries**Boiled Fresh Cauliflower With Grated Cheddar Cheese**Chocolate Ice Cream Sundae**Instant Coffee*

## 160.1 DINNER SIX: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- |                  |                       |                            |          |
|------------------|-----------------------|----------------------------|----------|
| ■ Ground beef    | ■ Onion               | ■ Fresh cauliflower        | ■ Grater |
| ■ Hamburger buns | ■ Frozen French fries | ■ Chocolate sundae topping |          |

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- |                  |                       |                            |          |
|------------------|-----------------------|----------------------------|----------|
| ■ Ground beef    | ■ Onion               | ■ Fresh cauliflower        | ■ Grater |
| ■ Hamburger buns | ■ Frozen French fries | ■ Chocolate sundae topping |          |

Client, when asked, locates each item in kitchen.

- |                  |                       |                            |          |
|------------------|-----------------------|----------------------------|----------|
| ■ Ground beef    | ■ Onion               | ■ Fresh cauliflower        | ■ Grater |
| ■ Hamburger buns | ■ Frozen French fries | ■ Chocolate sundae topping |          |

Client, when asked, locates each item in community store.

- |                  |                       |                     |                            |
|------------------|-----------------------|---------------------|----------------------------|
| ■ Ground beef    | ■ Onion               | ■ Fresh cauliflower | ■ Chocolate sundae topping |
| ■ Hamburger buns | ■ Frozen French fries |                     |                            |

## 160.2 DINNER SIX: Prerequisite Skills Involved

- Grates cheese with grater

## 160.3 DINNER SIX: Meal Preparation

- Checks to see if has all ingredients on hand    ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply    ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Prepares broiled hamburgers with buns*
- *Prepares oven-baked French fries*
- *Prepares boiled cauliflower with grated cheddar cheese*
- *Prepares chocolate sundae*
- *Prepares instant coffee*
- Sets table    ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)    ■ Serves food    ■ Clears table    ■ Stores leftovers    ■ Puts away food and equipment used to prepare meal
- Washes dishes    ■ Cleans kitchen and dining areas    ■ Follows kitchen safety precautions throughout

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## SNACK SIX

*Raisins**Instant Iced Tea*

## 161.1 SNACK SIX: Item Recognition And Location

- Client is shown a package of raisins and asked: "What are these?" (Raisins)
- Client is shown several food items including a package of raisins and asked: "Point to the raisins."
- Client, when asked, locates package of raisins in kitchen    ■ Client, when asked, locates package of raisins in community store

## 161.2 SNACK SIX: Snack Preparation

- Checks to see if has all ingredients on hand    ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply    ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Puts raisins in bowl*
- *Prepares instant iced tea*
- Prepares snack in reasonable amount of time (i.e. duration of total snack preparation time is reasonable)    ■ Serves food
- Clears table    ■ Stores any leftovers    ■ Puts away food and equipment used to prepare snack    ■ Washes dishes
- Cleans kitchen and dining areas    ■ Follows kitchen safety precautions throughout

## BREAKFAST SEVEN

*Fried Bulk Pork Sausage Patties**Toasted English Muffins**Fresh Apple Wedges**Milk*

## 161.3 BREAKFAST SEVEN: Item Recognition And Location

- Client is shown bulk pork sausage and asked: "What is this?" (Bulk pork sausage or pork sausage)
- Client is shown several food items including bulk pork sausage and asked: "Point to the bulk pork sausage."
- Client, when asked, locates bulk pork sausage in kitchen    ■ Client, when asked, locates bulk pork sausage in community store

## 161.4 BREAKFAST SEVEN: Meal Preparation

- Checks to see if has all ingredients on hand    ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply    ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Prepares fried bulk pork sausage patties*
- *Prepares toasted English muffins*
- *Prepares fresh apple wedges*
- *Pours milk*
- Sets table    ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food    ■ Clears table    ■ Stores leftovers    ■ Puts away food and equipment used to prepare meal    ■ Washes dishes
- Cleans kitchen and dining areas    ■ Follows kitchen safety precautions throughout

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## LUNCH SEVEN

*Green Pea Instant Cup-Of-Soup*  
*Grilled Ham And American Cheese Sandwich*  
*Cherry Tomatoes*  
*Banana*  
*Instant Dry Milk*

## 162.1 LUNCH SEVEN: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- Green pea instant cup-of-soup    ■ Cherry tomatoes    ■ Instant dry milk    ■ Metal measuring cups

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- Green pea instant cup-of-soup    ■ Cherry tomatoes    ■ Instant dry milk    ■ Metal measuring cups

Client, when asked, locates each item in kitchen.

- Green pea instant cup-of-soup    ■ Cherry tomatoes    ■ Instant dry milk    ■ Metal measuring cups

Client, when asked, locates each item in community store.

- Green pea instant cup-of-soup    ■ Cherry tomatoes    ■ Instant dry milk

## 162.2 LUNCH SEVEN: Prerequisite Skills Involved

- Measures 1-1/3 cups (dry measure)

## 162.3 LUNCH SEVEN: Meal Preparation

- Checks to see if has all ingredients on hand    ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply    ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- Prepares green pea instant cup-of-soup
- Prepares grilled ham and American cheese sandwich
- Prepares cherry tomatoes and puts them on plate
- Puts banana on plate
- Prepares instant dry milk
- Sets table    ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)    ■ Serves food    ■ Clears table    ■ Stores leftovers    ■ Puts away food and equipment used to prepare meal
- Washes dishes    ■ Cleans kitchen and dining areas    ■ Follows kitchen safety precautions throughout

## DINNER SEVEN

*Tuna Noodle Casserole*  
*Cole Slaw*  
*Boiled Carrots With Brown Sugar And Margarine*  
*Orange Or Raspberry Sherbet*  
*Tea*

## 162.4 DINNER SEVEN: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- Egg noodles    ■ Vinegar    ■ Orange sherbet    ■ Pyrex baking casserole dish (medium)
- Cream of mushroom soup    ■ Vegetable oil    ■ Raspberry sherbet
- Cabbage    ■ Brown sugar

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- Egg noodles    ■ Vinegar    ■ Orange sherbet    ■ Pyrex baking casserole dish (medium)
- Cream of mushroom soup    ■ Vegetable oil    ■ Raspberry sherbet
- Cabbage    ■ Brown sugar



## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## DINNER SEVEN (Cont.)

## DINNER SEVEN: Item Recognition And Location (Cont.)

Client, when asked, locates each item in kitchen.

- |                          |                 |                     |  |
|--------------------------|-----------------|---------------------|--|
| ■ Egg noodles            | ■ Vinegar       | ■ Orange sherbet    | ■ Pyrex baking casserole dish (medium) |
| ■ Cream of mushroom soup | ■ Vegetable oil | ■ Raspberry sherbet |  |
| ■ Cabbage                | ■ Brown sugar   |                     |  |

Client, when asked, locates each item in community store.

- |                          |           |                 |                     |
|--------------------------|-----------|-----------------|---------------------|
| ■ Egg noodles            | ■ Cabbage | ■ Vegetable oil | ■ Orange sherbet    |
| ■ Cream of mushroom soup | ■ Vinegar | ■ Brown sugar   | ■ Raspberry sherbet |

## 163.1 DINNER SEVEN: Meal Preparation

- Checks to see if has all ingredients on hand    ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply    ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Prepares tuna noodle casserole*
- *Prepares cole slaw*
- *Prepares boiled carrots with brown sugar and margarine*
- *Prepares tea*
- *Puts orange or raspberry sherbet in bowl*
- Sets table    ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food    ■ Clears table    ■ Stores leftovers    ■ Puts away food and equipment used to prepare meal    ■ Washes dishes
- Cleans kitchen and dining areas    ■ Follows kitchen safety precautions throughout

## SNACK SEVEN

*Cottage Cheese Dip**Fresh Celery, Carrot, And Cauliflower Pieces**Hot Instant Orange Drink*

## 163.2 SNACK SEVEN: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- Dry dill weed    ■ Garlic salt    ■ Instant orange drink

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- Dry dill weed    ■ Garlic salt    ■ Instant orange drink

Client, when asked, locates each item in kitchen.

- Dry dill weed    ■ Garlic salt    ■ Instant orange drink

Client, when asked, locates each item in community store.

- Dry dill weed    ■ Garlic salt    ■ Instant orange drink

## 163.3 SNACK SEVEN: Snack Preparation

- Checks to see if has all ingredients on hand    ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply    ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Prepares cottage cheese dip with dill weed and garlic salt*
- *Prepares cut raw celery, carrot, and cauliflower pieces*
- *Prepares hot instant orange drink*
- Prepares snack in reasonable amount of time (i.e. duration of total snack preparation time is reasonable)    ■ Serves food
- Clears table    ■ Stores leftovers    ■ Puts away food and equipment used to prepare snack    ■ Washes dishes
- Cleans kitchen and dining areas    ■ Follows kitchen safety precautions throughout

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## BREAKFAST EIGHT

*Pancakes With Margarine And Maple Syrup*  
*Frozen Orange Juice*  
*Broiled Bacon*  
*Milk*

## 164.1 BREAKFAST EIGHT: Item Recognition And Location

- Client is shown buttermilk baking mix and asked: "What is this?" (Buttermilk baking mix, baking mix . . .)
- Client is shown several food items including buttermilk baking mix and asked: "Point to the buttermilk baking mix."
- Client, when asked, locates buttermilk baking mix in kitchen
- Client, when asked, locates buttermilk baking mix in community store

## 164.2 BREAKFAST EIGHT: Meal Preparation

- Checks to see if has all ingredients on hand    ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply    ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Prepares pancakes with margarine and maple syrup*
- *Prepares frozen orange juice*
- *Prepares broiled bacon*
- *Pours milk*
- Sets table    ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food    ■ Clears table    ■ Stores leftovers    ■ Puts away food and equipment used to prepare meal    ■ Washes dishes
- Cleans kitchen and dining areas    ■ Follows kitchen safety precautions throughout

## LUNCH EIGHT

*Instant Vegetable Beef Soup*  
*Egg Salad Sandwich*  
*Quarter Of Fresh Cantaloupe*  
*Chocolate-Flavored Milk*

## 164.3 LUNCH EIGHT: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- Instant vegetable beef prepared soup mix    ■ Fresh cantaloupe    ■ Jar of dill pickles

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- Instant vegetable beef prepared soup mix    ■ Fresh cantaloupe    ■ Jar of dill pickles

Client, when asked, locates each item in kitchen.

- Instant vegetable beef prepared soup mix    ■ Fresh cantaloupe    ■ Jar of dill pickles

Client, when asked, locates each item in community store.

- Instant vegetable beef prepared soup mix    ■ Fresh cantaloupe    ■ Jar of dill pickles

## 164.4 LUNCH EIGHT: Meal Preparation

- Checks to see if has all ingredients on hand    ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply    ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Prepares instant vegetable beef soup*
- *Prepares egg salad sandwich*
- *Prepares quarter of fresh cantaloupe*
- *Prepares chocolate-flavored milk*

## HOME ENVIRONMENT SKILLS

## III. COOKING (Thirty-Two Meals)

## LUNCH EIGHT (Cont.)

## LUNCH EIGHT: Meal Preparation (Cont.)

- Sets table    ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food    ■ Clears table    ■ Stores leftovers    ■ Puts away food and equipment used to prepare meal    ■ Washes dishes
- Cleans kitchen and dining areas    ■ Follows kitchen safety precautions throughout

## DINNER EIGHT

*Baked Chicken Parts**Minute Rice**Frozen Peas**Carrot And Raisin Salad**Lime Sherbet**White Wine With 7-Up, Or Milk*

## 165.1 DINNER EIGHT: Item Recognition And Location

Client is shown each item and asked: "What is this?"

- |                     |                        |                |                          |
|---------------------|------------------------|----------------|--------------------------|
| ■ Chicken parts     | (enriched, pre-cooked) | ■ White wine   | ■ Pyrex flat baking dish |
| ■ Paprika           | ■ Frozen peas          | ■ Lime sherbet | (small size)             |
| ■ Minute white rice |                        |                |                          |

Client is shown the items together and asked for each: "Point to \_\_\_\_\_."

- |                     |                        |                |                          |
|---------------------|------------------------|----------------|--------------------------|
| ■ Chicken parts     | (enriched, pre-cooked) | ■ White wine   | ■ Pyrex flat baking dish |
| ■ Paprika           | ■ Frozen peas          | ■ Lime sherbet | (small size)             |
| ■ Minute white rice |                        |                |                          |

Client, when asked, locates each item in kitchen.

- |                     |                        |                |                          |
|---------------------|------------------------|----------------|--------------------------|
| ■ Chicken parts     | (enriched, pre-cooked) | ■ White wine   | ■ Pyrex flat baking dish |
| ■ Paprika           | ■ Frozen peas          | ■ Lime sherbet | (small size)             |
| ■ Minute white rice |                        |                |                          |

Client, when asked, locates each item in community store.

- |                 |                        |               |                |
|-----------------|------------------------|---------------|----------------|
| ■ Chicken parts | ■ Minute white rice    | ■ Frozen peas | ■ Lime sherbet |
| ■ Paprika       | (enriched, pre-cooked) | ■ White wine  |                |

## 165.2 DINNER EIGHT: Meal Preparation

- Checks to see if has all ingredients on hand    ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply    ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- Prepares baked chicken parts with paprika
- Prepares Minute rice
- Prepares carrot and raisin salad
- Prepares white wine with 7-Up    ■ Or milk
- Prepares frozen peas
- Puts lime sherbet in bowl
- Sets table    ■ Prepares meal in reasonable amount of time (i.e. duration of total meal preparation time is reasonable)
- Effectively coordinates the timing of meal preparation (i.e. all food items that should be served at the same time are ready at the same time)
- Serves food    ■ Clears table    ■ Stores leftovers    ■ Puts away food and equipment used to prepare meal    ■ Washes dishes
- Cleans kitchen and dining areas    ■ Follows kitchen safety precautions throughout

## HOME ENVIRONMENT SKILLS

*III. COOKING (Thirty-Two Meals)***SNACK EIGHT***Homemade Popcorn**Bottled Apple Cider***166.1 SNACK EIGHT: Item Recognition And Location****Client is shown each item and asked: "What is this?"**

- Popcorn    ■ Bottled apple cider or apple juice    ■ Popcorn popper

**Client is shown the items together and asked for each: "Point to \_\_\_\_\_."**

- Popcorn    ■ Bottled apple cider or apple juice    ■ Popcorn popper

**Client, when asked, locates each item in kitchen.**

- Popcorn    ■ Bottled apple cider or apple juice    ■ Popcorn popper

**Client, when asked, locates each item in community store.**

- Popcorn    ■ Bottled apple cider or apple juice

**166.2 SNACK EIGHT: Prerequisite Skills Involved**

- Assembles and disassembles popcorn popper

**166.3 SNACK EIGHT: Snack Preparation**

- Checks to see if has all ingredients on hand    ■ Checks to see if has sufficient amount of all ingredients
- Purchases any ingredient missing or not in sufficient supply    ■ Washes hands without cue before beginning food preparation
- Washes hands without cue at any other appropriate time (e.g. after covering mouth while coughing; when hands soiled with food)
- *Prepares popcorn*
- *Pours apple cider or apple juice*
- Prepares snack in reasonable amount of time (i.e. duration of total snack preparation time is reasonable)    ■ Serves food
- Clears table    ■ Puts away food and equipment used to prepare snack    ■ Washes dishes    ■ Cleans kitchen and dining areas
- Follows kitchen safety precautions throughout