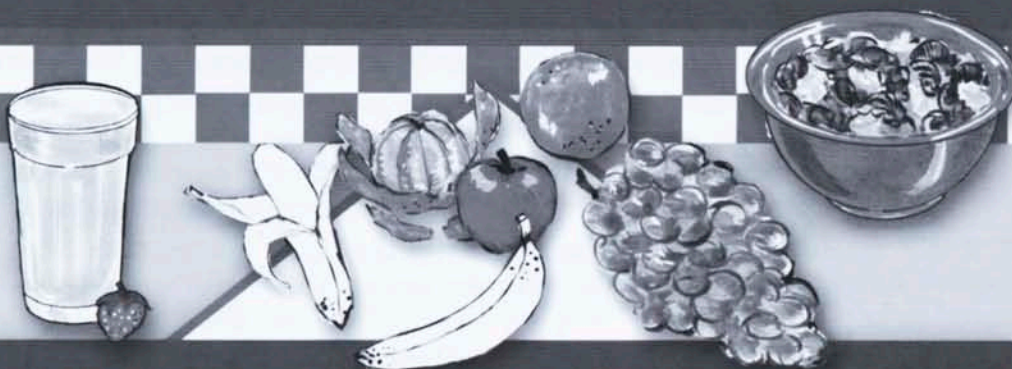
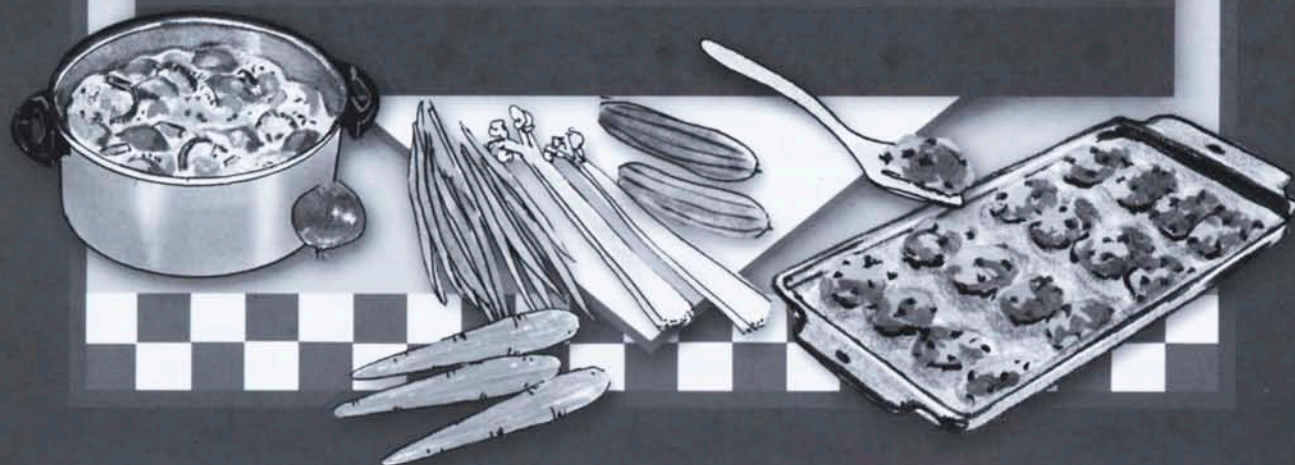


ATTAINMENT'S
life skills curricula series



HOME COOKING



INSTRUCTOR'S GUIDE

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Table of Contents

Using The Cookbook

1. Using The Cookbook	8
2. Color-Coded Measurements	10
3. Kitchen Safety	12
4. Making Meals	14

Cooking Techniques

5. Stirring	16
6. Nonstick Equipment	18
7. Slicing	20
8. Chopping and Grating Vegetables	22
9. Peeling and Mashing	24
10. Using a Blender	26
11. Making Meals	28
12. Making Meals	30

Cooking Methods

13. Boiling	32
14. Frying	34
15. Baking	36
16. Roasting	38
17. Broiling	40
18. Making Meals	42

Food Varieties

19. Fresh Foods	44
20. Canned Foods	46
21. Frozen Foods	48
22. Leftovers	50
23. Making Meals	52
24. Making Meals	54

Microwave Cooking

25. Color-coded Microwave Oven	56
26. Plastic Wrap/Wax Paper	58
27. Defrosting and Reheating	60
28. Special Dishes For Microwave	62
29. Making Microwave meals	64
30. Making Microwave Meals	66

Meal Planning

31. Nutrition	68
32. Low Fat and Low Salt Diets	70
33. Textures and Colors	72
34. Breakfast	74
35. Seasonal	76
36. Serving Styles	78
37. Making Meals	80
38. Making Meals	81

Resource File Appendix

Recipe Masters Appendix

Supplemental Recipes Appendix

Welcome to Home Cooking

Everybody likes to eat. It's even more fun when you've had a hand in preparing your own food. Mastering fundamental cooking skills is a big step toward independence and learning how to prepare fresh and wholesome food is an important consideration for good health. Learning some basic cooking skills is easy with Home Cooking. Just follow the step-by-step picture recipes and your students will be enjoying the results of some good Home Cooking before you know it.

The recipes featured in Home Cooking are practical and down-to-earth, yet flavorful and nutritious. The ingredients are common and easy to get, yet attractive and appetizing when served. Good cooking brings family and friends together in an atmosphere of camaraderie and good fellowship—and if you follow this curriculum, with a minimum of elbow grease.

The primary feature of Home Cooking is its unique, step-by-step picture cookbook. This curriculum shows you how to use it in class and how to encourage its independent use by students after they leave school. Reproducible Recipe Masters make it possible for you to have an endless supply of materials and for students to build their own cookbooks in your class.

Nonreaders and people with learning or memory problems can easily follow the pictorial sequences used in each recipe. The cookbook's picture index called the Menu Maker helps users find favorite dishes quickly—and independently—while the instructor's guide makes teaching cooking skills to any number of students a snap.

The unique Home Cooking Videos resurrect a slapstick style of humor and provide an entertaining yet informative element to instruction.

We hope you have big fun and good food and get as much as possible out of Home Cooking.



A Personal Note from the Author

Cooking for yourself is a major milestone on the road to an independent life. I know because I have seen it happen. Students who learn basic cooking skills are guaranteed a degree of independence that would previously have been unthinkable for them.

In 20 years of teaching home economics to adults with developmental disabilities, no single class has consistently proved to be as motivating as cooking skills. As a result of my experience, I created Look 'n Cook in 1986 and it continues to be a popular program. Partially because of its success and because I felt there was a need for a more advanced cooking program, I have created a new cookbook and curriculum: Home Cooking.

Like Look 'n Cook, Home Cooking evolved out of actual classroom experience, the trial and error discoveries from my years as a teacher. Unlike Look 'n Cook, it concentrates on fresh foods and teaching cooking from scratch. Recipes do not include the use of prepackaged goods.

I hope you find this program as useful as I have and that your students are equally motivated to learn new recipes and new skills. But most of all I hope you have fun sharing the results of these classic dishes.

Enjoy good cooking,

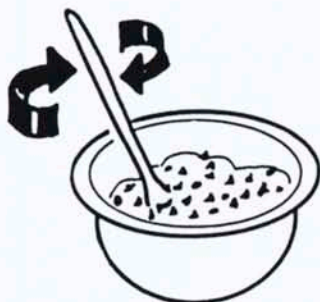
Ellen Sudol

Lesson 5

Stirring

Recipe:

Chocolate Chip Cookies



Point out touching the bottom of the bowl with the spoon.

Primary Objectives

1. Operates the electric mixer safely.
2. Stirs ingredients together using a wooden spoon.


Secondary Objectives

1. Operates color-coded oven.
2. Measures ingredients accurately.
3. Sets timer correctly.
4. Uses oven mitts when putting cookie sheets in or taking out of oven.
5. Uses spatula to transfer the baked cookies from sheets to cooling racks.


Teaching Suggestions

- Demonstrate the following sequence of use: insert and remove beaters, then turn mixer on or off. Stress that mixer should never be plugged in when replacing beaters.
- Show a stirring motion using a bowl and wooden spoon. Point out the importance of touching the bottom of the bowl with the spoon when mixing ingredients together.
- Review turning oven on and off and the need to use mitts when putting something in or taking it out of the oven.
- Cookies are a “sometimes food” reserved for parties, holidays and special occasions. They also make a nice gift.


Introduces concept of stirring and use of an electric mixer and a wooden spoon. Raises and discusses some safety and precautionary measures.




Chocolate Chip Cookies




Serves a Crowd




chocolate chips 6 oz




sugar




butter




egg




brown sugar



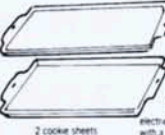
baking soda




flour




oven mitts




2 cookie sheets




electric mixer with a bowl



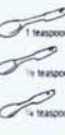
cooling rack




extra bowl




spatula




wooden spoon




1 cup




1/2 cup




1/4 cup



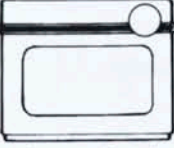
1 teaspoon




1/2 teaspoon




1/4 teaspoon




1. Preheat the oven. Turn to yellow



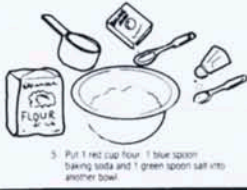
2. Put 1 yellow cup butter, 1 blue cup sugar and 1 blue cup brown sugar into the mixing bowl




3. Add 1 egg and 1 yellow spoon vanilla




4. Beat until well blended




5. Put 1 red cup flour, 1 blue spoon baking soda and 1 green spoon salt into another bowl




6. Stir




7. Add the dry ingredients to the mixer bowl



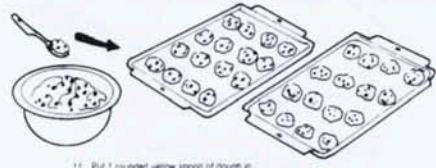
8. Beat until well blended



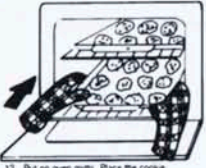
9. Add the chocolate chips




10. Stir



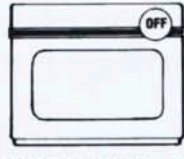
11. Put 1 rounded yellow spoon of dough in rows of 4 on both cookie sheets



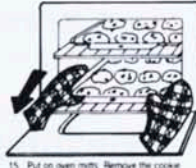
12. Put on oven mitts. Place the cookie sheets in the oven




13. Set the timer for 10 minutes



14. When the bell rings, turn the oven to white



15. Put on oven mitts. Remove the cookie sheets



16. Remove the cookies from the cookie sheets and place on the cooling rack. Serve

2
3

Recipe Narrative

The recipe can easily be increased by using the 6 oz. bag of chocolate chips and doubling all other ingredients. This would also reduce calories slightly. Add one-half cup each of raisins and chopped nuts if desired. Store cookies in an airtight container or in a freezer bag.



PICTURE COOKBOOK

Recipes
Ellen M. Sudol

To my father for his love and encouragement

Illustrations
Jo Reynolds

Published by Attainment Company, Inc., Verona, Wisconsin

Using the Cookbook

Following a Recipe

The completed dish is shown at the top left of the page. Start your recipe by getting out the ingredients and cooking supplies shown in the top row. Follow the recipe steps across the page from left to right. Read across both pages if the recipe is two pages long. The page numbers are color coded, too, so they match the **Menu Maker**.

One Page Recipe

Complete dish

The steps read from left to right

Page number in the red section



Number of people served

Supplies

The recipe is finished

Two Page Recipe

Microwave symbol

Completed dish

The steps read from left to right

Arrow moves across page for the next step

Page number in the green section



Number of people served

Supplies

The recipe is finished

Page number in the green section

Time



5

Bell

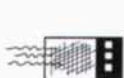


Timer

Your **timer** should be in five minutes intervals. Dial your timer to match the minutes shown above the timer picture.

The **bell** is a symbol for the ringing of your timer. Go to the next step when you hear the bell.

Set cooking time on the **microwave** by following the numbers on the recipe page.



Microwave

5
0
0

These numbers mean 5 minutes.

Marking Set

You can write on the recipe pages because they are coated in plastic.

Use the **crayon** to mark off a step at a time when you are cooking.

Use the **Sharpie**® marker to add or change the recipes to your taste. This marker will not smudge or rub off accidentally. The **Magic Rub**® eraser will erase the ink if you want to make changes.



Using the Cookbook

Following a Recipe

The completed dish is shown at the top left of the page. Start your recipe by getting out the ingredients and cooking supplies shown in the top row. Follow the recipe steps across the page from left to right. Read across both pages if the recipe is two pages long. The page numbers are color coded, too, so they match the **Menu Maker**.

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The steps read from left to right

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Number of people served

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The recipe is finished

Two Page Recipe

Microwave symbol

Completed dish

The steps read from left to right

Arrow moves across page for the next step

Page number in the green section



Number of people served

Supplies

The recipe is finished

Page number in the green section

Time



Timer

Your **timer** should be in five minutes intervals. Dial your timer to match the minutes shown above the timer picture.

The **bell** is a symbol for the ringing of your timer. Go to the next step when you hear the bell.

Set cooking time on the **microwave** by following the numbers on the recipe page.



Microwave



These numbers mean 5 minutes.

Bell



Marking Set




















You can write on the recipe pages because they are coated in plastic.

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Menu Maker

Main Dish	Side Dish	Vegetable	Salad	Dessert
 1 Meatballs	 1 - 3 Spaghetti			
 2 Hamburgers			 1 Cole Slaw	 1 Impossible Pie
 3 Herb Chicken	 4 - 5 Mashed Potatoes	 1 Carrots with Nutmeg		 2 - 3 Chocolate Chip Cookies
 4 - 5 Orange Pork Chops	 6 Rice	 2 Green Beans	 2 Spinach Salad	
 6 - 7 Roast Beef			 3 Garden Salad	 4 - 5 Apple Crumb Pie
 8 Tuna Salad Sandwich		 3 Corn on the Cob		 6 Frozen Strawberry Drink



Chocolate Chip Cookies



chocolate chips 6 oz.



sugar



butter
vanilla



egg
salt



brown sugar



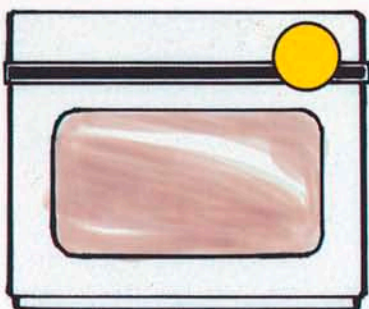
baking soda



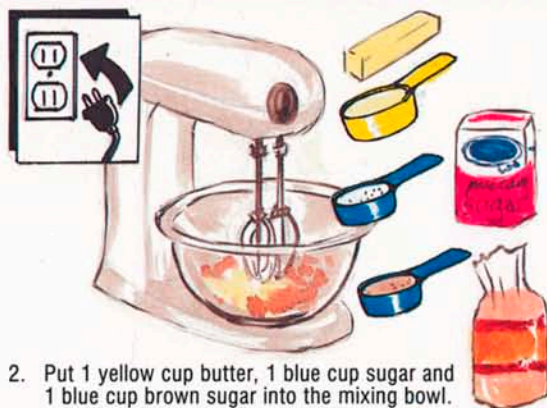
flour



oven mitts



1. Preheat the oven. Turn to **yellow**.



2. Put 1 yellow cup butter, 1 blue cup sugar and 1 blue cup brown sugar into the mixing bowl.



3. Add 1 egg and 1 yellow spoon vanilla.



7. Add the dry ingredients to the mixer bowl.



8. Beat until well blended.



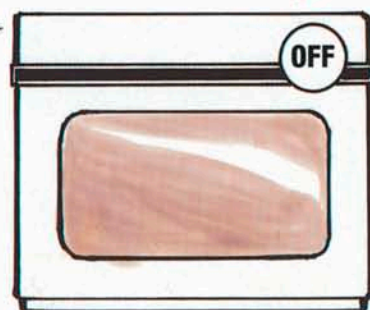
9. Add the chocolate chips.



12. Put on oven mitts. Place the cookie sheets in the oven.



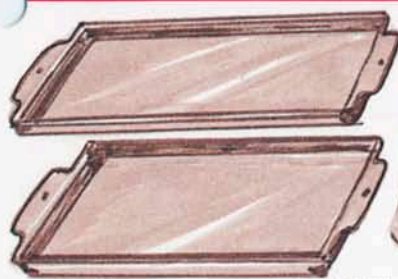
13. Set the timer for 10 minutes.



14. When the bell rings, turn the oven to **white**.



Serves a Crowd



2 cookie sheets



electric mixer with a bowl



cooling rack



extra bowl



spatula

wooden spoon



1 cup



1 teaspoon



1/2 cup



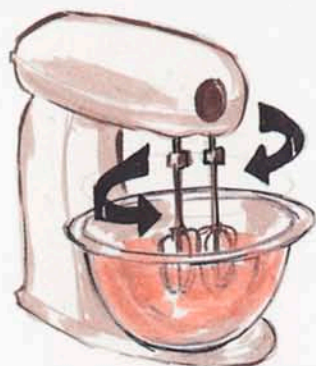
1/2 teaspoon



1/3 cup



1/4 teaspoon



4. Beat until well blended.



5. Put 1 red cup flour, 1 blue spoon baking soda and 1 green spoon salt into another bowl.



6. Stir.



10. Stir.



11. Put 1 rounded yellow spoon of dough in rows of 4 on both cookie sheets.



15. Put on oven mitts. Remove the cookie sheets.



16. Remove the cookies from the cookie sheets and place on the cooling rack. Serve.

