**How to Guide: Cooking**

1. **The** **purpose** of cooking is to enable your student to become more independent in their life skills, both choosing what to eat and helping to make it. It also helps them to try new smells, textures and flavoursso they can have a healthier and less restricted diet.
2. **The activities** – It’s worth thinking if there is a skills your student is struggling with, e.g. spreading, or stirring then you could do the same activity with different ingredients, e.g. making lots of different sandwiches.
3. **How to support:** Please use hand under hand support – that way they have control of how much they want to engage and it is less scary than holding their hand. Often the best way to enable your student to explore is to model the activity – if they see what you are doing and enjoying, they are more likely to have a go themselves ☺

**Useful signs:**

   

cook smell taste spread

  

cut (knife) stir in next pour