Cooking with Video Recipes

Objective: To teach multi-step cooking tasks using video prompting

Setting and Materials:

Settings: kitchen in the school, home, and/or community

Materials:
1. DVD player with at least a 7-inch screen and rechargeable battery pack
2. Digital video camera
3. DVD-RW 1.4 GB, 30 minute discs
4. Markers such as colored tape (for indicating the pause, play, and skip buttons on DVD player)
6. Cooking utensils (e.g., spatula, spoons, measuring cups, digital timer, pot holders, skillets, and plates)
7. Food items for all cooking tasks (i.e., hot chocolate, ravioli, broccoli, chocolate pudding, tuna, french fries)

Content Taught

Set 1

<table>
<thead>
<tr>
<th>Hot Chocolate (10 steps)</th>
<th>Ravioli (10 steps)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Heat water (in coffee pot)</td>
<td>1. Insert finger in lid tab</td>
</tr>
<tr>
<td>2. Open Swiss Miss (lift off lid)</td>
<td>2. Lift up to remove lid</td>
</tr>
<tr>
<td>3. Measure 1 teaspoon</td>
<td>3. Pour (ravioli) into pot</td>
</tr>
<tr>
<td>4. Put in mug</td>
<td>4. Put lid in trash</td>
</tr>
<tr>
<td>5. Measure 1 teaspoon</td>
<td>5. Turn stove dial to “medium”</td>
</tr>
<tr>
<td>7. Pour water (in mug)</td>
<td>7. When (wait) ravioli starts to bubble</td>
</tr>
<tr>
<td>8. Stir</td>
<td>8. Turn stove dial to “off”</td>
</tr>
<tr>
<td>9. Put lid on (Swiss Miss)</td>
<td>9. Pour ravioli into bowl</td>
</tr>
<tr>
<td>10. Enjoy (stop)</td>
<td>10. Enjoy (stop)</td>
</tr>
</tbody>
</table>

Distracting Stimuli

Can opener, hand mixer, Maxwell House coffee can, set up measuring spoons, plate, bowl

Distracting Stimuli

Can of corned beef hash, skillet, plate, coffee mug
## Set 2

### Broccoli (13 steps)

1. Cut broccoli stalk into 4 pieces
2. Wash broccoli
3. Put broccoli in pot
4. Add water to pot
5. Put pot on stove
6. Turn stove dial to “Hi”
7. Set timer for 5 minutes
8. Cook broccoli (wait for timer to beep)
9. Turn stove dial to off
10. Remove pot from stove
11. Strain broccoli in colander
12. Pour broccoli into bowl
13. Enjoy (stop)

### Chocolate Pudding (13 steps)

1. Get a bowl
2. Measure 2 cups of milk
3. Pour (milk) into bowl
4. Cut open pudding mix (with scissors)
5. Pour (mix) into bowl
6. Set timer for 2 minutes
7. Beat (with electric mixer)
8. Pour (chocolate pudding) into 4 bowls
9. Put (bowls) in refrigerator
10. Set timer for 5 minutes
11. When timer beeps (wait for beep)
12. Take out (bowls) of refrigerator
13. Enjoy (stop)

### Distracting Stimuli

- Green cabbage, skillet, plate, bowl

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## Set 3

### Tuna (19 steps)

1. Get out can of tuna
2. Open can (with can opener)
3. Lift up handle to remove can (from can opener)
4. Drain water from tuna can (using lid to trap water)
5. Drain water from tuna can (turning can over in sink)
6. Take lid off
7. Put tuna in bowl (using fork)
8. Flake tuna with a fork
9. Get mayonnaise
10. Measure 1 tablespoon of mayonnaise into bowl
11. Measure 1 (2nd) tablespoon of mayonnaise into bowl
12. Mix tuna with fork
13. Add 3 shakes of pepper
14. Stir (with fork)

### French fries (19 steps)

1. Get out french fries
2. Get out baking sheet
3. Turn oven on to “Bake 450”
4. Cut open bag (with scissors)
5. Pour French fries onto baking sheet
6. Put on oven mitts
7. Put (baking sheet) in oven
8. Take off oven mitts
9. Turn timer to 5 minutes
10. Turn off beeping time
11. Put on oven mitts
12. Take (baking sheet) out of oven
13. Cool on rack (put on rack)
14. Take off oven mitts
15. Turn oven dial to “off”
16. Get spatula
17. Scoop up French fries
18. Put (French fries) on plate

### Distracting Stimuli

- Set of measuring cups, JELL-O gelatin mix, coffee pot, can opener
15. Spread mayonnaise (on one piece of bread)
16. Spread tuna (on one piece of bread)
17. Put bread on top
18. Put on plate and cut
19. Enjoy (stop)

Distracting Stimuli
Can of chicken, coffee pot, mixer, spoon, mustard, set of measuring spoons, Mrs. Dash

Teaching Procedures

1. Place the portable DVD on the kitchen counter, insert the DVD, and turn DVD player on.
2. Say “Cook the ______ .” and wait 3 seconds for the student to push the “play” button on the DVD player.
3. If the student does not respond, use least to most prompting to get the student to push the “play” or “pause” button.
4. Wait 3 seconds for the student to initiate the step and 1 minute for completion of the step.
5. Student will watch the video segment and press “pause” before initiating the step.
6. Record data for each step of the task analysis. There are three types of responses to record (a) student completes the step correctly, (b) student completes the step incorrectly, or (c) student does not respond.
7. If the student does not complete the step correctly within 1 minute, complete step for student out of their view and have them press “play” on the DVD player for next step.
8. Give nonspecific verbal praise to the student on every third step completed correctly.
9. This sequence should be repeated with students until all steps of cooking task are complete within each set.

Evaluation

1. Record the number of steps in the task analysis that are completed correctly (i.e., initiated response within 3 seconds and completed within 1 minute after the prompt is given).
2. An incorrect response can be recorded as (a) latency- failure to initiate a step within 3 seconds (b) duration- failure to complete the step within 1 minute, (c) topography failure to complete the step correctly, or (d) sequence- failure to complete a step in the order designated by the video recording.
Lesson Plan Based on:


This Lesson Plan Starter was developed by The National Technical Assistance Center on Transition (NTACT), Charlotte, NC, funded by Cooperative Agreement Number H326E140004 with the U.S. Department of Education, Office of Special Education and Rehabilitative Services (OSERS). This document has been reviewed and approved by the OSERS. Opinions expressed herein do not necessarily reflect the position or policy of the U.S. Department of Education nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Department of Education. OSEP Project Officer: Dr. Selete Avoke. RSA Project Officer: Kristen Rhinehart-Fernandez. This product is public domain. Authorization to reproduce it in whole or in part is granted. While permission to reprint this publication is not necessary, the citation should be: National Technical Assistance Center on Transition (2018). Cooking with Video Recipes