

**Instructor's Note:**

The recipes are provided in two forms – written and pictorial. The written recipe is immediately followed by its picture recipe. In the written recipe, amounts are given in both metric and imperial measures. In the pictorial recipe the amounts are given in imperial measures, or metric. Select the recipe that is most suitable for the learner.

Suggested Recipe Uses:

- Print a copy of the recipe to be used. Laminate the recipe sheet so the learner can check off each step with a washable marker as each step is completed.
- Photocopy the recipes and cut the steps apart. Mount each step on a recipe card and put them in order, on a ring. The learners can turn over each card as they complete a step.
- Enlarge a recipe on a photocopier for a learner who is visually impaired.
- Once a recipe has been made, take a photograph of it and attach it to the written recipe. Learners who have communication difficulties may find photos helpful when selecting recipes for menu planning.

When selecting recipes, find out what the learners wants to cook. Consider food preferences, how much they like to cook, and what kind of cooking facilities they have.

Some learners will be able to use the written recipes while others may need to use the picture recipes. In some cases, a learner may benefit from using the written recipe and having the picture recipe as a reminder. In all cases, some instruction will need to be given. Start by taking the learners through the recipe steps. This may be all of the teaching some will require.

Next, demonstrate each step of the recipe. Then help learners make it on their own. It may be necessary to help some learners make the same recipe several times before they are able to make it without help.

Learners must be able to work safely in the kitchen. Use these recipes to demonstrate safe food handling, kitchen safety and methods of food preparation. Refer to **Module 4 - Food Preparation** in the **Eating Healthy Foods** series for activities and information on these topics.

Several recipes call for the fat to be spooned off after browning meat. One safe method to dispose of hot fat is to spoon it into an unwanted can and throw it in garbage when the fat has cooled and solidified. Pouring hot fat down the drain can cause plumbing problems.

A learner who does not have a pot with a lid or covered casserole dish can still make recipes that call for these kitchen tools by using an oven and/or microwave safe plate or alternate cover. Foil, waxed paper and plastic wrap can also be used, but are more expensive options. **Foil should never be used as a cover in the microwave oven.**

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