



A-Z of Activities

Food and drink

Cookery activities can range from no-cook recipes to baking or cooking meals.

What the activity can do for the residents	What do you need?	What to be aware of
<p>Movement – grip, reaching, moving and lifting, coordination, standing and moving about.</p> <p>Sensory – smelling food, touching and feeling ingredients, seeing the recipe and the ingredients, hearing the sizzle, hearing the oven timer, tasting the end result.</p> <p>Emotional – food can be a great motivating force. Cooking can be nurturing, comforting, evoke memories and familiarity, offers choice.</p> <p>Cognitive – choosing the recipe; selecting the correct ingredients and tools, following the recipe and remembering the sequence, aids orientation.</p> <p>Social – interaction, communication and collaboration, sharing expertise, enjoyable.</p>	<p>Facilities Some activities can be carried out seated around a table, while others may require access to a kitchen.</p> <p>Consider safety issues if residents are to be using the kitchen facilities and equipment.</p> <p>Aprons will be needed.</p> <p>Staff/skills Most people know how to cook – but what about the care home's resident chef teaching a session? Or a resident who used to cook professionally might like to advise.</p> <p>You need to have working knowledge of food handling regulations.</p>	<p>When buying equipment, consider its suitability for people with limited movement or impaired senses.</p> <ul style="list-style-type: none"> • Use brightly coloured utensils that contrast with the workspace. • Search out large-handled or easily held tools, and invest in some non-slip material and equipment for one-handed use. Use a perching stool for residents who cannot stand for long periods. Carry out the activity at a suitable height table for those in wheelchairs if access into the kitchen is difficult. • Equipment designed for use by people who have a disability can also be obtained from specialist catalogues. <p>You need to know about each resident's:</p> <ul style="list-style-type: none"> • Personal preferences • Medical dietary needs • Cultural dietary needs • Allergies • Swallowing difficulties.