

## **Involving people with Learning disabilities in Choosing Food and Cooking**

- Make it fun and interesting.
- Use music
- Eat food at end
- Enthusiastic staff
- Interaction
- Use adapted equipment
- Forward planning is needed
- Needs to be person specific
- 1:1 work
- Praise for the smallest effort
- Having a good relationship with resident, knowing their likes and dislikes
- Encourage people who aren't physically able just to be there, sensory experiences, taste, smell and touch
- More involved in shopping for food, making choices.
- Make cook book
- Accessible healthy eating information
- Use photo cards
- Taste raw ingredients.
- Simple recipes
- Plan menus together.
- Go with the pace of the resident
- If people have day off the day centre it is opportunity to involve them in cooking
- Small achievable goals
- People doing small parts of larger meal
- Planning and rotating participation.
- People being given support to learn about hygiene and different boards.

### **People with complex needs**

Bring food ingredients to their tray.

Sensory experience, smelling touching etc

Just being part of the cooking experience by being in the room

Input from nutritionists

Scales to weigh foods.

Pass foods.

Hand over hand

Using blender at end of process

Using special knives

Cookery club at weekend  
Watching