

Activity: Food/Cooking Goal: Physical Populations: All

TH Activity Plan – Cheese Chive Biscuits

Text by Lesley Fleming, HTR & Diane Relf, PhD, HTM

Photos by Girl Versus Dough, Seed Corner, PKzoi & Bon Appetite



ACTIVITY DESCRIPTION: Participants will make and eat cheese chive biscuits using fresh chives.

THERAPEUTIC GOALS:

Cognitive/Intellectual: Practice delayed gratification & patience

Physical: Practice grooming & cleanliness habits

Psychological/Emotional: Reduce risky behavior

Sensory: Use sensory stimulation as mechanism for exploring joy, pleasure

Social: Practice interpersonal relationships by taking turns, being considerate & patient with other group members

STEP-BY-STEP PROCESS:

1. **Pre-Session Prep:** Pre-measure all ingredients if this is not part of the TH activity. Set up work area. Preheat oven 450 degrees. Melt butter.
2. Facilitator begins session with participants putting on gloves & aprons. Review safe kitchen & food handling practices. Start mixing by dividing ingredients into 2 bowls with participants taking turns mixing the flour, baking powder & salt with a fork.
3. Take turns using pastry cutter (or potato masher) to cut in the shortening until the mixture resembles coarse crumbs. The facilitator or participants cut up chives.
4. Participants take turns stirring in the grated cheese and chives.
5. Add the milk and stir just until the mixture forms a soft dough that pulls away from the side of the bowl.
6. Turn dough onto a lightly floured surface and knead quickly to mix the dough thoroughly.
7. Roll the dough out until ½ inch thick. Cut out biscuits with a floured biscuit cutter, the lip of a jar or small glass, a heart-shaped cutter, or some other fun shape.
8. Place the biscuits on an ungreased cookie sheet.
9. Brush the tops with melted butter and bake for 12 to 15 minutes until golden brown.
10. Eat the fresh baked biscuits, discussing plant ingredients, healthy snacks, growing chives & related topics.

Materials

For 2 dozen biscuits:
2 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
¼ cup vegetable shortening
¾ cup grated cheddar cheese
¼ cup chopped fresh chives
1 cup milk
2 tablespoons (¼ stick) butter melted
2 medium mixing bowls
Small saucepan for melted butter
Pastry cutter
Scissors for cutting herbs
Plastic/non-breakable measuring cup
Biscuit cutter
Bread board, rolling pin, and extra flour for rolling dough
Cookie sheets, spatula, mixing spoons
Knife, aprons, disposable gloves, wipes, oven mitts
Brush for applying melted butter to bread
Paper plates and napkins

APPLICATIONS FOR POPULATIONS: Appropriate for most populations. See safety considerations below and determine what tasks are appropriate for the group (cutting chives, putting cookie sheets into oven). Therapeutic goals that can be used in this activity include practicing appropriate behavior - avoiding risky behavior

(around oven, hot items, knives), over-eating, unsanitary habits for food handling and personal health. Review of safe food handling can lead to points related to personal grooming, important life skills for some populations. For individuals who have cognitive challenges, goals addressing delaying gratification (in this activity - eating, taking turns), being patient in group settings, practicing polite and considerate manners with others—can be integrated into this pleasant and sensory activity. Life skills involving cooking - measuring ingredients, reading labels, practicing clean kitchen protocols and clean-up tasks – can be part of the session as well. The American Association on Intellectual & Developmental Disabilities (AAIDD) recommends Goldschmidt’s 2018 book *Teaching Authentic Cooking Skills to Adults with Intellectual and Developmental Disabilities: Active Engagement*.

Wellness, food insecure and school classes could explore nutrition-related elements. Nutrition of bread, cheese and chives – are these healthy? What substitutions can be made for any of these ingredients for lactose, carb-limited, glucose-free or other health restricted diets? What culturally relevant items can be used in biscuits? Or what bread-like food do other cultures use?

SAFETY CONSIDERATIONS: Essential to check with staff and individuals before the activity for allergies, swallowing difficulties &/or contraindications with medication. Safe kitchen practices related to ovens, hot items and knives should be discussed and implemented.

NOTES OR OTHER CONSIDERATIONS: Growing chives prior to session is optimal. This herb can be grown indoors or outside in full sun. Chives prefer well drained soil and like haircuts (snipping leaves from the base of the plant... this could be plant-based humor appropriate for all groups and tied into the personal grooming theme. Alternative herbs tasty in biscuits – rosemary, thyme, lemon zest, parsley, oregano or tarragon.

REFERENCES/ RESOURCES:

Arnold, J. (2021). Cooking – A functional life skill that fosters independence. *North State Parent*.

<https://northstateparent.com/article/cooking/>

Drost, D. (2020). How to grow chives in your garden. Utah State University Extension.

<https://extension.usu.edu/yardandgarden/research/chives-in-the-garden>

Goldschmidt, J. (2018). *Teaching Authentic Cooking Skills to Adults with Intellectual and Developmental Disabilities: Active Engagement*.

USDA- Food Safety and Inspection Service. (2023). Keep food safe! Food safety basics.

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe#:~:text=Always%20wash%20hands%20with%20soap,tops%20with%20hot%2C%20soapy%20water.>



Edits were made for THAD purposes in 2023.

TH Activity Plan form developed by Lesley Fleming, Susan Morgan and Kathy Brechner (2012), revised in 2023.