

Activity: Food/Cooking Goal: Sensory Populations: Physical Disabilities

TH Activity Plan – Veggie Snack Packs

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Materials

Fresh vegetables including 2 pkgs cherry tomatoes, 6 potatoes, 1 lb. carrots, 4 bell peppers, 3 onions, 1 head broccoli, 2 packs mushrooms & 1 head cauliflower
1 lb. grated cheddar cheese
Garlic powder
Salt & pepper
1-2 sticks butter or margarine
Olive oil or spray
Fresh oregano & basil
Several baking sheets
Spatula
Oven mitts
Cutting boards & safety scissors
Slicing knife to cut vegetables or safety slicers & choppers
Disposable gloves, plates, napkins, utensils
Heavy aluminum foil
Grill or oven (350F)

ACTIVITY DESCRIPTION: Prepare and eat foil packet of cooked veggies and herbs.

THERAPEUTIC GOALS:

Cognitive/Intellectual: Practice reading & following step-by-step instructions; develop strategies for overcoming frustration/barriers

Physical: Exercise fine motor skills; work hand strength; practice cooking skills as activity of daily living

Psychological/Emotional: Plan & practice healthy lifestyle choices

Sensory: Engage gustatory & olfactory senses when preparing garden produce for consumption; increase nutritional awareness with garden to table foods

Social: Work collaboratively with others towards common goal; practice positive social interactions/give feedback to others

STEP-BY-STEP PROCESS:

1. **Pre-Session Preparation:** Preheat the grill or oven to 350° F. Keep participants out of reach, as appropriate. Gather materials and equipment.
2. Facilitator begins session by place tools and food items on the table for everyone to share.
3. Demonstrate preparation of veggie packs, then assist the participants in putting on gloves, as needed.
4. Participants do as much as abilities allow: slice vegetables into bite size pieces. Finely cut the herbs with scissors.
5. Tear sheets of aluminum foil about 8" wide for each veggie pack.
6. Choose veggies and herbs to go in each individual's pack, noting dietary restrictions/needs for each participant as you work.
7. Place veggies and herbs in the center of the aluminum foil sheet.
8. Cheese, butter, or oil can be added to the pack prior to cooking, after cooking, or not at all, according to preference or allergy.
9. Fold the aluminum foil securely around vegetables to form a packet.
10. Place veggie packs on a baking sheet and put them on the grill or in the oven. Cook veggie packs at 350° F for approximately 25 minutes, until the vegetables are tender when poked with a fork.
11. Remove veggie packs from the grill/oven with an oven mitt and allow them to cool until they can be safely eaten.
12. Serve prepared veggies on plates with napkins and utensils.

APPLICATIONS FOR POPULATIONS: When possible, harvest vegetables and herbs directly from the garden or, if needed to supplement produce,

purchase from grocery or farmer's market. Note characteristics of vegetables and herb flavorings used, like colors, fragrances, and variety of plant parts. Research and share nutritional benefits of garden produce sampled. Provide adaptive tools and techniques for chopping vegetables, such as non-slip cutting mats, lettuce knives, safety choppers, and larger handled tools with specialized grips for easier handling.

SAFETY CONSIDERATIONS: The facilitator should pay attention to specific dietary requirements of participants. Monitor safe use of kitchen equipment, especially cutting tools/knives/scissors, and high heat items and equipment, such as hot food, grills, or ovens. Practice handwashing and other sanitary practices when handling food items. Wash all produce prior to using. Do task sharing (facilitator-participant or participant-participant) to enable safe use of equipment, practice collaborative communication, and build confidence on kitchen skills.

NOTES OR OTHER CONSIDERATIONS: Determine what to do with leftover food – refrigerate; share with others or package up leftovers to take home or sample later. Offer this activity as part of a multi-session program, where the group prepares and samples grilled/cooked corn on the cob, seasonal fruit like apples and peaches, and other produce and ingredients. Create taste test rating system, with/out participant input, to encourage participants to give feedback, such as evaluate the sensory characteristics of the food they sample, give input on what they dis/liked, and offer suggestions on what did/not work with the recipe, improvements to make in future, or other recipes to try.

Refer to THAD *Pita Pizzas* activity plan.

REFERENCES/ RESOURCES:

Accessible Chef. (accessed 2023). Adaptive cooking tools.

<https://accessiblechef.com/project/adaptive-cooking-tools/>

National Center on Health, Physical Activity, and Disability (NCHPAD). (accessed 2023). Adapted kitchen tools, utensils, and accessibility.

<https://www.nchpad.org/1674/6893/Adapted-Kitchen-Tools--Utensils--and-Accessibility>

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.