

## Development of a Cook Book for Students with Mental Disabilities

Source / Link: <https://easycooking.team/>

**Thematic area:**

- Climate
- Nutrition
- Environment

**Type of good practice:**

- Project
- Initiative
- Programme
- Production
- Information
- Education
- Other

**Target group:**

- Children up to 14 years
- Adolescents
- Teachers / educators
- Youth counsellors
- Young refugees and asylum seekers

**Summary:**

The core idea was based on the fact that Students with Mental and Intellectual Disabilities (SwMID) demonstrate a great interest in cooking lessons. In this project young people with mental disabilities, alongside with their trainers developed new cooking skills in order to increase their employability. The activities not improved only the confidence of people with mental disabilities, but also foster their social, personal, work and overall societal inclusion.

**Description:**

The main objective was to develop a Cookbook with the participation SwMID that attend in the Vocational Training Centers (VTCs). The instructors and trainers together with professionals from the fields of catering and agriculture and the SwID along with other relevant stakeholders, developed cooking and cultivating instructions based on the



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principles of “task analysis” and “easy to read” forms. To reach the main objective, the following targets had been set; (1) development of a cookbook, using the ‘task analysis’ and “easy to read” methods that contains new recipes from different countries, emphasizing the similarities and differences in terms of dietary conditions, calorie efficient, traditional cuisine, agricultural products, kitchen and cooking equipment, complementarity, cultural identity and historical course; (2) implementation of cooking sessions, based on the existing familiarity of the students with the ‘step by step’ procedure, the ‘task analysis’ and “easy to read” methods based on cooking training seminars; (3) development and demonstration of these new tools especially designed for the training sessions targeting at SwMID and the “Train the trainer” seminars; (4) development of training sessions specifically designed for SwMID on the cultivation techniques of a small scale urban vegetable garden; (5) development and publication of 2 intellectual outputs, easy cooking book and the trainers manual package, both translated into English, Greek, Portuguese, Spanish and Catalan.

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