

# Tracks to Transition: Teaching Safe Cooking Skills

## Learning How to Make Meals

Learning how to make meals is an important skill that adults need for living on their own. Your child may need more practice because they may learn differently.

Here are some tips to teach how to:

- Measure using measuring spoons and cups.
- Chop fruits and veggies using a small knife, kitchen scissors, or an electric food chopper.
- Use a garlic press.
- Try adding different spices to food.
- Mash foods such as bananas or cooked potatoes.
- Make simple meals first, using only cold foods that don't need cooking, like cereal, sandwiches, and different types of salads.
- Make their own lunch for school or work.
- Make foods using a microwave, toaster, or toaster oven. These methods of cooking are safer than an oven or stove. Remind them to use potholders or kitchen gloves when taking hot foods from the microwave or toaster oven.
- Make simple foods. Some examples are:
  - Veggies
  - Baked Potatoes
  - Rice
  - Eggs
  - Oatmeal
- Follow directions on canned or packaged food
- Use the stove only when there is an adult present.
- Clean the kitchen after meals.
- What to do with leftovers.