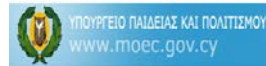




**EPIMORFOTIKA KENTRA LFKOSIAS  
NICOSIA  
CYPRUS**



**WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO...**

Today more and more blind students are attending regular schools and colleges, thus taking their places in the mainstream of society thus with learning skills in the area of food preparation will help the students to become the most contributing members of their school/homes. Learning skills in the area of food preparation will help the students to become the most contributing members of their homes. It is also a great way to learn responsibility! Students should be taught from an early age to be involved in the food preparation process. Students can gather ingredients required for recipes.

Help the student develop skills in food preparation by teaching the student for example:

- Teach the student how to safely operate household appliances.
- Teach the student to demonstrate safety in using electric and gas appliances.
- Measuring ingredients
- Pouring, draining, and mixing
- Using the stove, oven, or electric frying pan

It is vital that the blind student actually do each kind of task, although he or she will often use alternative techniques. Other students may genuinely feel that they are helping the blind student by doing things for him; however, they must learn that unnecessary help is really a hindrance. If students work together, they should keep track of how they divide the work (including clean-up duty) each time, and rotate this so that the blind student does each part of the work some of the time.

**NECESSARY CONDITIONS: MATERIAL / PLACE / TIME**

- A helpful school kitchen
- Food material
- Many helpful tools and appliances are available
- Available cookbooks from libraries for the blind students

**POSSIBLE OBSTACLES**

- a. If the teachers really believe that the blind cook necessarily takes many safety risks, needs a great deal of special equipment. b. If the teacher really believe that the blind cook may choose among many good methods to work with all kinds of food and produce high-quality products then you will find a way to succeed.

**ILLUSTRATION**

