

Two Handed Kitchen Tasks

Cooking and meal prep activities provide children and teenagers the opportunity to learn important functional skills such as: Sequencing, Eye-Hand Coordination, Safety Awareness, Social Interaction, Nutrition Education, Self Esteem, & Time Management

Suggested Activities Using Two Hands:

- ◇ Opening containers or plastic bags
- ◇ Rolling dough with rolling pin
- ◇ Stirring ingredients in a mixing bowl
- ◇ Washing Dishes
- ◇ Turning food over using spatula in pan
- ◇ Washing vegetables & fruits
- ◇ Load/Unload dishwasher
- ◇ Using a cheese grater
- ◇ Whisking eggs together
- ◇ Pouring & Measuring Ingredients
- ◇ Opening/Closing Refrigerator and Cabinets
- ◇ Carrying food items to the counter or table



UAB Pediatric Neuromotor Clinic

Intensive Occupational Therapy: an ACQUIREc Therapy Model

<http://www.uab.edu/civitanisparks/pediatric-neuromotor>