Cooking Tips for Self-Advocates

This resource has information for self-advocates about cooking. You may feel nervous about cooking. That is normal. This guide can help you get started. Learning to cook can be fun. Cooking skills are also part of becoming more independent.



1. **Begin cooking with someone you trust.** Try your best and ask for help when you are overwhelmed or uncomfortable.

2. **Before you start, get out all of the ingredients and equipment you need.**

3. **Read through the recipe before you start cooking.** It may be helpful to find a recipe that includes pictures with some of the steps. You can also ask someone if you are not sure about cooking terms. Below are a few terms you may see in a recipe.



Julienne- cutting food into sticks



Dice-cutting food into cubes



Sweat- using heat to get the water out of food

4. **Remember to preheat the oven if you need to.** This will be in your recipe.

5. **Cut round foods in half before chopping them.** This will let you lay the food flat side down. This will help make it safer, so the food won't slip when you cut it.

6. **Use oven mitts or hot pads when handling hot things like a pan coming out of the oven.**

7. **Turn off or unplug kitchen equipment as soon as you are done using it.** This could be the oven, stove, or a hot plate.

8. **Remember to wash your hands after touching raw eggs or raw meat.**

9. **You can change some things about the recipe so you enjoy the food more.** This could be adding more or less pepper in a sauce or using a different kind of cheese on a sandwich.

10. **Have fun!** Some recipes take practice. You can always make changes and try again.

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