

Keto Kitchen Independence

Fostering independence and safety with the diet

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Identify safety measures in the kitchen, things to consider:

- Are the counters, workspace and equipment at a workable and appropriate height?
- Are the correct equipment and tools available for task and ability?
- Do you or your child need to sit or stand to be comfortable?
- Is the ingredient in easy to use containers?
- Are the recipes easy to read with clear directions?
- Identify safe dishes for oven, microwave, or stove top (see adaptive cooking equipment)

Creative activities for strengthening pre-cooking skills:

- Cut soft foods with butter or dinner knife
- Practice straining liquid with marbles and then move to food items
- Practice weighing and measuring with water and other non-food items such as marbles, and buttons.
- Placing food in a cold oven or air fryer and then a heated oven.
- Practice taking items out of a microwave.
- Finding items in the kitchen.

Activities for developing fine motor skills without stressing about food

- Washing hands and equipment.
- Stirring and mixing ingredients
- Cracking egg; practice with plastic eggs filled with water.
- Rolling dough, use a ½ inch dowel rod which is easier for someone to hold and navigate.
- Whipping, start with dish soap and water to make bubbles.
- Pouring ingredients, place in an easy to use container. Is the containers opening big enough
- Carrying items around without spilling.

Safer tools that assist with cognitive skills necessary for cooking (see handout)

- Do the tools fit the hand and task?
- Does the tool allow the individual with delays or disabilities to complete the aspects of cooking with freedom?
- Determine best knife tool; plastic knives, pizza cutters or scissors.

Recipes

- Are they easy to read? Directions easy to follow?
- Discussed the use and development of picture recipes.
- Simple directions 3-5 step recipes

Resources:

- Accessibility Chef: <https://accessiblechef.com/>
- American Dietetic Association: <https://www.eatright.org/>
- <https://epilepsyfoundation.org.au/managing-epilepsy/health-and-wellbeing/safety-at-home/kitchen/#:~:text=Use%20a%20rubber%20mat%20under,rubber%20gloves%20when%20washing%20dishes.>
- <https://www.raddishkids.com/blogs/bonus-bites/tagged/recipes>