

Pyramid Support at Home Activity Plan: Making Toast

Description: This is a cooking lesson that emphasizes different learning opportunities while making toast. There are a variety of options for types of toast to make with your learner.

Materials: Bread, toaster or toaster oven, plate, knife, spoon, napkin or paper towel, spread, toppings

Spread Ideas: Butter, cream cheese, avocado, honey, Nutella or chocolate spread, jelly/jam, marshmallow fluff, peanut butter or other nut/seed butter

Topping Ideas: Cinnamon, sugar, veggies of choice (sprouts, onions, radish, beets, etc), seeds/nuts, fruits of choice (banana, blueberry, strawberry, etc), chocolate chips

Supplemental Links:

Video – Evie’s Quarantine Cooking – Berry Delicious Toast - https://youtu.be/1z2_rtY-08sh

(This lesson was inspired by this video. This parent was a participant at PECS training in 2020!)

Recipe – Cinnamon Toast – Lori Frost Favorite! - <https://www.allrecipes.com/recipe/52688/cinnamon-toast/>

Fancy Savory and Sweet Toast Recipes - <https://www.foodnetwork.com/recipes/articles/50-toasts/50-toast-recipes>

POTENTIAL LEARNING OPPORTUNITIES – You DO NOT need to do these all at once. Remember you can run the activity multiple times and focus on the same or different learning opportunities each time you do the activity. Take a look below or brainstorm your own learning opportunities and pick a few to focus on when working with your learner.

Requests	Comments	Directions	Critical Skills	Other Learning Opportunities
-Bread	-Yum!	-Pick a fruit, topping, spread	-Work on waiting	- Independently setting up and cleaning up
-Toaster or Toaster Oven	-Yuck	-Put in	-Work on turn taking	-Hot or toaster oven safety
-Utensil-Knife/Spoon	-I like...	-Take ____	-Requesting Help	-Washing and putting stuff into sink or dishwasher
-Napkin/Plate	-I don't like	-Open the ____	- Answering a yes/no question	- Play with the ingredients (e.g. making a face on the toast with berries)
-Any Topping (see ingredients above)	-It's hot	-Look	- Hearing no if something is not available and making another choice	-Independently eating
-Any spread (see ingredients above)	-Fun	-Stop		-Scooping or spreading with spoon or knife
-# of bread or berries	-I made a face	-Get the ____		-Counting out number of topping (e.g. berries)
-I want/I don't want		** These can be vocal direction or picture directions		
-Verbs (Cut or Look)				