

B-3. Bread and instant coffee, tea, instant soup, or hot chocolate — one person [uncalibrated]

Essential task

The person is expected to (a) prepare two slices of bread with one or two spreads, (b) prepare a cup or mug of a hot instant beverage, and (c) serve the bread and the beverage in appropriate serving dishes.

Specific criteria

1. The bread should be a bread roll, long baguette, or full or partial loaf of bread and the bread should **not** be presliced.
2. The unsliced bread should be in a bread bag (paper or plastic) or wrapped in paper.
3. If a bread roll is used, it must be sliced horizontally by the person during the task observation so as to divide the bread roll into two halves, top and bottom. If a long baguette is used, it must be cut vertically to prepare a single portion, and then sliced horizontally so as to divide the single portion into two halves, top and bottom. If a loaf of bread is used, it must be sliced vertically to prepare two slices of bread.
4. The person is expected to heat the water or milk for the hot instant beverage.
5. Milk, if used, should be obtained from a container stored in the refrigerator.

Options

1. Appropriate breads include unsliced white, whole grain, rye, or other type of bread roll (e.g., Kaiser, French, small baguette, bagel), long baguette, or other type of loaf of bread (e.g., French loaf, sandwich loaf).
2. Appropriate spreads include butter, jam, peanut butter, chocolate-hazelnut spread, Nutella®, liverpaste, cream cheese, or other soft spread.
3. Appropriate beverages include instant coffee made with hot water, instant coffee made with hot milk (“café con leche”), instant tea made with hot water, hot tea made from a tea bag, hot chocolate made with water or milk, hot fruit-flavored beverage, or soup made with powdered soup mix and hot water.
4. Water, if used to prepare the beverage, may be heated in an electric kettle, on the stove, or in a microwave oven.
5. Milk, if used to prepare the beverage, may be heated in a pot on the stove or in a microwave oven.
6. If the person intends to prepare coffee or tea, he or she may add sweetener and/or warm or cold milk, cream, or artificial liquid or powered creamer to the coffee or tea or, if desired, the person may serve the sweetener and/or milk, cream, or creamer in appropriate serving containers (e.g., bowl, pitcher, small carton) along with the coffee or tea.

Restoration

The person is to return unneeded items in appropriate coverings to their original storage places, place dirty utensils in or beside the sink, wipe up any crumbs or spills, and discard any waste into a garbage container.

Prior to beginning the person should

Be completely familiarized with the set up of the environment, including the location of all needed tools and materials, and the operation of any needed electrical appliances and water taps. A variety of alternative choices should be included among the tools and materials stored.

Prior to beginning the occupational therapist should

1. Ascertain what type of bread and spread(s) the person intends to use.

2. Ascertain what type of hot instant beverage the person intends to prepare, including the intent to add and/or serve sweetener and/or milk, cream, or creamer with the coffee or tea (if that was the beverage the person chose to prepare).
3. Ensure that any new, unopened containers (e.g., milk cartons, bread bags, jars) have been opened and reclosed either by the person or by the occupational therapist.

Special rules

1. For this task, serving the bread on a napkin or paper towel is considered an appropriate serving dish option.
2. Because the person may know the directions, the person is **not** scored down based on not reading the directions printed on the beverage package.
3. Do **not** score down if the person uses serving dishes that are appropriate but different than the ones the person may have indicated he or she would use.

Required tools and materials

- Unsliced sandwich rolls, bagels, baguettes, and/or full or partial loaves of bread enclosed in bags or wrapped in paper
- Spreads (e.g., butter, jam, peanut butter, chocolate-hazelnut spread, Nutella®, liverpaste, cream cheese)
- Instant beverages (e.g., instant coffee, instant tea, tea bags, hot chocolate, instant soup mixes, etc.)
- Kitchen
- Optional: sweetener, milk or cream, creamer