

## **B-4. Bread and beverage — one person [uncalibrated]**

### **Essential task**

The person is expected to (a) prepare two slices of bread with one or two spreads, (b) pour a glass, cup, or mug of a prepared 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 beverage must be stored in an appropriate container (e.g., jar, carton, pitcher, thermos, can, bottle).
5. Beverage containers should contain approximately 1.0 to 1.5 liters (30 to 48 oz) of liquid.

### **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 juice, milk, black coffee or tea, iced tea, or water.
4. The person may use a single-cup espresso or coffee maker (e.g., Nespresso, Keurig, Senseo) that uses single-cup capsules, K-cups, or pods that have been prepackaged and factory sealed to prepare a cup of coffee or tea. If this option is chosen, the person is expected to fill the single-cup espresso or coffee maker with water and use the espresso or coffee maker to prepare the coffee or tea.
5. If the person intends to serve 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. If a single-cup espresso or coffee maker is used, turning off the espresso or coffee maker; emptying water from the espresso or coffee maker; and removing the used single-cup capsule, K-cup, or pod are **not** required.

### **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. If a single-cup espresso or coffee maker is to be used to prepare the coffee or tea, the person should also be completely familiarized with its operation. 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 beverage the person intends to serve, 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 serve).
3. If the person plans to use warm milk, ensure that it is preheated before beginning the task observation.
4. Ensure that any new, unopened containers (e.g., bread bags, jars, bottles), including individual serving size beverage containers, have been opened and, if appropriate, reclosed either by the person or by the occupational therapist. If large cans of beverage are used, they do not need to be reclosed.
5. Ensure that any beverage options such as coffee, or frozen or powered juice, are prepared in advance by the person or the occupational therapist and stored in appropriate containers. If a single-cup espresso or coffee maker is to be used to prepare the coffee or tea, ensure that the water container for the single-cup espresso or coffee maker is empty.

**Special rules**

1. For this task, serving the bread on a napkin or paper towel is considered an appropriate serving dish option.
2. 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)
- Prepared beverages (e.g., juice, milk, black coffee or tea, iced tea)
- Kitchen
- Optional: single-cup espresso or coffee maker; prepackaged, factory-sealed, single-cup capsules, K-cups or pods; sweetener, milk or cream, creamer