

B-5. Bread and boiled/brewed coffee or tea — one person [uncalibrated]

Essential task

The person is expected to (a) prepare two slices of bread with one or two spreads, (b) prepare a pot of boiled or brewed coffee or tea, and (c) serve the bread with a cup or mug of coffee or tea 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.

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 brewed or boiled coffee, or tea brewed in a teapot with either tea bags or loose tea.
4. Brewed coffee may be made using an electric coffee maker or French press. The use of a single-cup espresso or coffee maker (e.g., Nespresso, Keurig, Senseo) is **not** an acceptable alternative.
5. Water for tea may be heated in an electric kettle, on the stove, or in a microwave oven.
6. The person 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. Turning off the coffee maker and emptying the coffee grounds from the coffee basket 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. 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 whether the person intends to prepare boiled or brewed coffee or tea, including the intent to add and/or serve sweetener and/or milk, cream or creamer with the coffee or tea.
3. Ascertain (if the person uses an electric coffee maker) whether or not the person intends to turn off the coffee maker before serving. If the person specifies that he or she intends to turn off the coffee maker before serving, turning off the coffee maker becomes part of restoration.

4. If the person plans to use warm milk, ensure that it is preheated before beginning the task observation.
5. Ensure that any new, unopened containers (e.g., creamer containers, jars, bread bags) have been opened and reclosed either by the person or by the occupational therapist.
6. Ensure that coffee beans have been preground, if needed, and stored in an appropriate container.

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)
- Coffee (preground) or tea (loose tea or tea bags)
- Kitchen
- Optional: sweetener, milk or cream, creamer