

G-4. Cookies from scratch [uncalibrated]

Essential task

The person is expected to (a) prepare cookie dough “from scratch” (i.e., without using a prepared mixture of ingredients); (b) bake the cookies on a cookie sheet; and (c) hand wash, dry, and put away the bowls and utensils used during the task.

Specific criteria

1. Appropriate ingredients for the cookie dough include dry ingredients (e.g., flour, sugar, baking powder), cooking fat(s) (e.g., butter, margarine, oil), liquid(s), egg(s), and flavorings (e.g., vanilla extract, spices).
2. The use of a packaged cookie mix or pre-made cookie dough is **not** acceptable.
3. The person should make approximately three dozen (36) cookies.
4. The person is expected to take the cookie sheet(s) out of the oven, take the cookies off the cookie sheet(s), and place the cookies on an appropriate surface to cool.
5. Baking the cookies in a microwave oven or toaster oven is **not** acceptable.
6. The person is expected to hand wash, dry, and put away the bowls and utensils used during the task to their original storage places; the use of a dishwasher to wash the dishes is **not** acceptable.
7. The person is **not** expected to wash non-disposable cookie sheet liners, if used, or the cookie sheet(s) on which the cookies were baked.

Options

1. The person may add optional, pre-chopped or pre-made ingredients (e.g., chocolate pieces, nuts, dulce de leche) to the cookie dough.
2. The person may use an electric mixer, hand held mixer, or hand held stirring utensil to mix the ingredients.
3. The person may put something on the cookie sheet(s) to prevent the cookies from sticking (e.g., non-stick spray, flour, parchment paper, non-disposable liners), if desired.

Restoration

The person is expected to turn the oven off when the cookies have finished baking, set aside the used cookie sheets to cool, return unneeded items in appropriate coverings to their original storage places, hang up the towel used to dry the dishes, 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 the water taps and any needed electrical appliances. 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 cookies the person intends to make, what ingredients he or she intends to use, and what, if any, optional ingredients he or she intends to add to the cookie dough.
2. Ensure that if the person intends to use homemade flour (e.g., almond flour, oatmeal flour), it is prepared in advance and stored in an appropriate container by the person or by the occupational therapist.
3. Ensure that any new, unopened containers (e.g. flour packages, jars) have been opened and reclosed by the person or the occupational therapist.
4. Ascertain whether the person intends to put something on the cookie sheet(s) to prevent the cookies from sticking.
5. Ascertain on what surface the person intends to place the cookies to cool. **Note.** This information is gathered so that the occupational therapist can be sure that all preferred tools and materials are available to the person.

6. Ascertain where the person intends to place the cookie sheets to cool. **Note.** This information is gathered so that the occupational therapist can be sure that all preferred tools and materials are available to the person.
7. Ascertain what type of mixer or stirring utensil, mixing bowl(s), cookie sheet(s), dish soap, and scrubbing device(s) the person intends to use. **Note.** This information is gathered so that the occupational therapist can be sure that all preferred tools and materials are available to the person.

Special rules

1. Because the person may know the directions, he or she is **not** scored down for not reading directions from a recipe or printed on packages.
2. Do **not** score down if the person measures ingredients "by hand" (i.e., without using measuring cups or spoons).
3. Do **not** score the person on whether or not he or she uses the type of mixer or stirring utensil, mixing bowl(s), or cookie sheet(s) he or she stated he or she would use.
4. Because the person may not need to use a scrubbing device to clean the dishes, the person is **not** scored based on using the scrubbing devices that he or she stated he or she would use. Do **not** score down if the person uses scrubbing devices that are appropriate but different than those originally specified.
5. Do **not** score the person on whether or not he or she uses a different method to prevent the cookies from sticking than he or she stated he or she would use; but if he or she stated he or she would put something on the cookie sheet(s) to prevent the cookies from sticking, score failure to do so under **Chooses** and **Heeds**.
6. Score failure to complete putting the dishes away under **Heeds**.
7. Score putting dishes away in locations other than where they were originally stored under **Restores**.
8. Because some persons wash all the dishes before drying them and others prefer to dry the dishes as they wash them, the person is **not** scored based on **when** he or she dries the dishes.

Required tools and materials

- Dry ingredients (e.g., flour, sugar, baking powder)
- Liquids (e.g., water, milk)
- Cooking fats (e.g., butter, margarine, oil)
- Eggs
- Flavorings (e.g., vanilla extract, spices)
- Cookie sheets
- Kitchen
- Optional: optional ingredients (chocolate pieces, nuts, dried fruits), electric mixer, hand held mixer, non-stick spray, parchment paper, non-disposable cookie sheet liners, cooling rack(s), recipe