

## **I-25. Flatbread— one to three persons [uncalibrated]**

### **Essential task**

The person is expected to (a) prepare flatbread (e.g. chapatis, roti, tortillas) and (b) serve the flatbread on an appropriate serving dish or wrap the flatbread to eat later.

### **Specific criteria**

1. The flatbread must be cooked in a frying pan, skillet, or chapati pan on a stove.
2. The dough must be prepared with flour, a liquid, and one to three additional ingredients.
3. The person is expected to knead the dough.
4. The person is expected to separate the dough into smaller portions and flatten each portion.
5. The person is expected to prepare just enough dough to make the prespecified number of pieces of flatbread.

### **Options**

1. Appropriate flours include any type of dry flour (e.g., wheat flour, chickpea flour, almond flour, masa harina, chapati flour).
2. Appropriate liquids includes any type of liquid (e.g., water, milk, almond milk).
3. The person may add one to three additional ingredients to the dough. Additional ingredients include cooking fats (e.g., butter, ghee, margarine, vegetable oil), dry ingredients (e.g., salt, sugar, baking powder, seasonings), or other moist ingredients (e.g., yogurt, honey).
4. The person may allow the dough to “rest” for 15 minutes or less. Dough that requires a longer time to “rest” is **not** an acceptable alternative.
5. Placing the flattened dough directly on a stove burner to cook is **not** an acceptable alternative.
6. The use of an electric flatbread cooker, is **not** an acceptable alternative.
7. If the person intends to wrap the flatbread to eat later, the flatbread can be wrapped in plastic (e.g., wrap, bag), aluminum foil, or coated paper (e.g., freezer wrap, waxed paper), and the flatbread can be wrapped together or separately. Enclosing the flatbread in a storage container with a lid is an acceptable alternative.

### **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 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 flour(s), liquid(s), and additional ingredient(s) the person intends to use to make the dough.
2. Ascertain if the person will make flatbread for one, two, or three persons, and how many pieces of flatbread the person plans to make for each person.
3. Ascertain what utensils the person usually uses to mix the dough, to flatten the dough (e.g., rolling pin, tortilla press), and to turn the flatbread in the frying pan (e.g. spatula, tongs). **Note.** This information is gathered so that the occupational therapist can be sure that all preferred tools and materials are available to the person.
4. Ascertain whether the person will serve the flatbread on a serving dish or wrap the flatbread to eat later.
5. Ensure that the person understands that he or she is to prepare just enough dough to make the prespecified number of pieces of flatbread.

6. Ensure that any new, unopened containers (e.g. flour packages, jars) have been opened and reclosed by the person or the occupational therapist.

**Special rules**

1. Because the person may know the directions, he or she is **not** scored down on not reading directions from a recipe or printed on packages.
2. Do **not** score down if the person measures ingredients or mixes the dough "by hand" (i.e., without using measuring cups or spoons).
3. Not using all the dough and/or not preparing the prespecified number of pieces of flatbread is scored under **Heeds**.
4. Do **not** score down if the person uses utensils or serving dishes that are appropriate but different than the ones the person may have indicated he or she would use.

**Required tools and materials**

- Flours (e.g., wheat flour, chickpea flour, almond flour)
- Liquids (e.g., water, milk)
- Dry ingredients (e.g., salt, sugar, baking powder, seasonings)
- Cooking fats (e.g., butter, ghee, margarine, vegetable oil)
- Tools for flattening the dough (e.g., rolling pin, tortilla press)
- Kitchen
- Optional: additional moist ingredients (honey, yogurt), recipe