



St. Michael's House
Services for people with intellectual disabilities

Occupational Therapy Department

Making Home Made Pizza



Activity Hub

Creative Community- Building New Skills

Always follow existing guidelines when completing activities, including manual handling and FED's guidelines. Supervise service users at all times.

Prompts required

Depending on the level of the service user, start where needed and gradually see if you can scale back the prompts. Remember, the importance is in the process, not the result. If the service user cannot progress from hand-over-hand, but is benefiting from the experience; this is a great positive.

Hand-Over-Hand is the most restrictive prompt and should not be used unless other less restrictive prompts have been tried. An example of hand-over-hand is placing your hand over the hand of the person and moving both hands to guide the person to open a door by twisting a doorknob.

Partial Physical is when you physically touch the person to guide them but in a less directed way than hand-over-hand prompts. Examples of physical prompts include:

An elbow prompt – touching the person at the elbow to prompt

A hand prompt – placing the person's hands in the correct position to start the task but not guiding them during the task

Shadowing involves placing your hand just above the person's hand but not touching them. You then make the movement needed for the task, such as twisting for the doorknob, and this guides the person as to what to do.

Demonstration / Modelling This involves you showing the person what to do by actually doing the task or part of the task first.

Positioning involves setting up a task in a clever way so that the person is guided what to do by how the parts of the task are positioned. Some materials can be highlighted by being closer to the person, being separate from the other materials or being right next to where they should go etc

Gesture Involves pointing, miming, using a Lamh sign or using any other gesture that shows what you want the person to do.

Verbal Prompts involves using words to tell the person what you want him/her to do. For example, 'get your swimming bag' or 'put on your jumper'.

Visual Prompt involves showing photographs, pictures, symbols or line drawings to show the person what to do. Objects of reference can also be included here.

Text Prompts involve using typed words that the person can read to let him/her know what to do.

Pause This involves using opportunities to allow individuals to respond before providing the answer or another prompt.

Task Analysis

Today's task is: _____

The steps to completing this task are, and the level of prompt I need is:

-
-
-
-
-
-
-
-
-
-

I can work on improving how I do these steps:

Are there any risks to engaging in this activity, and how can they be minimised?

Is there any assistive equipment that can be used to increase engagement in this activity?

SAMPLE Task Analysis for service user Joe Bloggs

Today's task is: Making home made pizza

The steps to completing this task are; and the level of prompt I need is:

- Washing hands (PARTIAL PHYSICAL HAND PROMPT)
- Gathering all essential equipment (PARTIAL PHYSICAL HAND PROMPT)
- Washing Vegetable (MODELLING) and chopping (HAND OVER HAND PROMPT)
- Placing food in bowls (SHADOWING)
- Place Pizza Base on tray (POSITIONING AND GESTURE)
- Place toppings on pizza- staff can limit what is put in bowls so the whole contents can be placed on one pizza allowing for prompt of: (POSITIONING)
- Put on oven glove (MODELLING)
- Put pizza in over (HAND OVER HAND)
- Wait 12 minutes (VISUAL, USE TIMER)
- Take out pizza (STAFF TO COMPLETE WHEN TIMER SOUNDS)

I can work on improving how I do these steps:

Washing hands- with practice I could complete with modelling	Gathering items- I can carry items to table on tray of wheelchair	

Are there any risks to engaging in this activity, and how can they be minimised?

Pizza coming out of the oven is hot and I am a novice cook. Therefore staff will complete this for me and I can observe for now.

Cutting with hand over hand could be dangerous. I will use soft veggies and a butter knife.

Is there any assistive equipment that can be used to increase engagement in this activity?

A raised edge chopping board so the pizza base doesn't slide allowing greater independence.

Independence Skills

Making Home Made Pizza



Making Home Made Pizza

Always follow FEDS guidelines and dietary advice

Always provide supervision; as this activity involves the use of a cooker
(burns and fire risk) and can involve using knives!

Ingredients:

Essential:

Ready Made Pizza Bases

Jar of Passatta

Grated cheese

Optional Toppings:

Mozzarella cheese

Bacon (cooked)

Chicken (cooked)

Sausage (cooked)

Ham (cooked)

Peppers

Onions

Mushrooms

Sun dried tomatoes

Chillies

Garlic

Olives

Pineapple

Dash of olive oil

Anything else you like on Pizza!

Equipment:

Oven

Baking tray(s)

Bowl for each ingredient

Spoons

Sharp Knives

Chopping board

Apron(s)

Steps to completing task (use prompts required sheet, and write beside each step which level of prompts each service user requires; or use task analysis sheet)

1. Wash hands
2. Gather all essential equipment
3. Heat oven to 220 degrees
4. Wash all vegetables being used and cut into small pieces, place each vegetable in separate bowl
5. Place all meats being used in separate bowls
6. Place grated cheese in separate bowl
7. Pour Passatta into separate bowl
8. Place pizza base on baking tray
9. Put spoonful of Passatta onto pizza base and spread this around to cover the base
10. Sprinkle handful of cheese until pizza is covered with cheese
11. Sprinkle handful of each topping desired onto pizza
12. Drizzle some olive oil on top of pizza
13. Put on oven glove
14. Place pizza into pre-heated oven for 8-10 minutes or until cheese is melted and pizza base is crispy
15. Use oven glove to remove pizza from oven when cooked
16. Enjoy your pizza!

Visuals for making Pizza

WASH HANDS



GATHER EQUIPMENT



PRE HEAT OVEN



**PLACE INGREDIENTS
IN BOWLS**



PUT BASE ON TRAY



**PUT INGREDIENTS ON
BASE**



DRIZZLE OLIVE OIL



PUT ON OVEN GLOVE



PUT PIZZA IN OVEN



WAIT 8-10 MINUTES



**TAKE PIZZA OUT OF
OVEN**



WELL DONE

