



## TEACHING PEOPLE WITH DISABILITIES TO COOK

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### Abstract

It is general opinion that people with disabilities cannot learn to cook. At same time cooking is important activity, which can make people happier and more independent. In last few years we were trying to learn people with disabilities to cook. We got excellent results although strongly dependent on type of disabilities. In the framework of project iLearn ([www.ilearn-project.eu](http://www.ilearn-project.eu)) co financed by EU we systemize our efforts, which results in the Cooking Handbook which contains the simple instruction for people with disabilities how to select and how to prepare food for themselves. The handbook is accompanied by short video clips which are illustrating basic operations and preparation of selected food. Using this materials it is easy to teach people with disabilities to cook. At same time materials could be useful to anyone who wants to learn to cook.

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