**Cardiff Learning Disability Health Team Occupational Therapy Service**

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| --- | --- | --- | --- |
| **Activity** | Pizza Toast | **Level** |  |
| **keywords** | Fun, Independence, Engagement, Productivity, Nutrition, Taste, Cooking | | |
| **Links to** |  | | |

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| --- | --- | --- | --- | --- | --- |
| YOU WILL NEED | | | | | |
| A close up of food  Description automatically generated  Bread | **A picture containing food, sitting, table, white  Description automatically generated**  Cheese | A picture containing indoor, sitting, table, piece  Description automatically generated  Red Pepper | A picture containing table, sitting, food, fruit  Description automatically generated  Sweetcorn | A picture containing food  Description automatically generated  Tomato Paste |
| A picture containing indoor, car, sitting, kitchenware  Description automatically generated  Toaster | A picture containing indoor, tableware, spoon, sitting  Description automatically generated  Tablespoon | A black and silver phone  Description automatically generated  Tray | A picture containing suitcase, piece, indoor, table  Description automatically generated  Knife and chopping board | |

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| --- | --- | --- | --- | --- | --- | --- |
| ACTIVITY FLOW (10 -20 minutes) | | | | | | |
| A picture containing indoor, camera, hand, monitor  Description automatically generated | download.png | A picture containing food, counter, sitting, tray  Description automatically generated | download.png | A picture containing indoor, car, sitting, kitchenware  Description automatically generated | download.png | A picture containing person, indoor, food, blue  Description automatically generated |
| Turn on the grill | 2 slices of bread | Toast | Chop the pepper |
| A person cutting a piece of bread  Description automatically generated | download.png |  | download.png | A tray of food  Description automatically generated | download.png | A person cooking food on a tray  Description automatically generated |
| Spread the tomato paste | Add peppers | Add the sweetcorn | Sprinkle cheese on top |
| A screen shot of food on a tray  Description automatically generated | download.png | A tray of food  Description automatically generated | download.png | A pizza sitting on top of a plate of food  Description automatically generated |
| Grill until the cheese melts |  | Remove from the grill **HOT** |  | Eat |