I Can Cook Healthy Foods!

Component:	*CRS*	**Service:**	*BLST*	**Duration:**	*10 sessions*

Service Definition (per Part 512):	*Basic Living Skills Training is a service designed to improve an individual's ability to perform the basic skills necessary to achieve maximum independence and acceptable community behaviors that are critical to his or her recovery. This services focuses on the acquisition of skills, as well as strategies for appropriate use of the skill, utilizing teaching interventions such as motivational, educational and cognitive-behavioral techniques. The service may include opportunities to practice, observe, reinforce and improve the individual's skill performance. The topics which may be covered include, but are not limited to: grooming and personal hygiene, nutrition, homemaking, building relationships, childcare, transportation, use of community resources, and engaging in social interactions.* *This group may also be facilitated as COGREM for those PROS programs that have been trained and approved by OMH to provide this service.*
Class Description:	*Participants will learn and practice several thinking skills throughout the curriculum by using the medium of cooking and learning cooking terms to help practice the skills. They will also identify the areas of their life that would improve with drill and practice of thinking skills.*
Learning Approaches/ Modalities	■Lecture ■Discussion ☐ Mixed media/ Art-based ■Pen & paper exercises ☐ Computer-based interventions ☐ Roleplay interventions ☐ Modeling/ coaching ☐ Other: _____
Location	■Site-Based ☐ Community-Based: _____
Who should participate?	*This group is also intended for anyone who is working towards a goal that would like to address cognitive deficits identified as barriers to goal attainment.*
Class Objectives:	✓ *Participants will learn and practice a different cognitive skill each session.* ✓ *Participants will practice cooking and learn to follow recipes by practicing cognitive skills.* ✓ *Participants will be able to identify which cognitive deficits they can improve and verbalize how their daily lives would improve with drill and practice.*

Source(s):	*Please see facilitator guide for a complete list of resources used to create this curriculum.*

Table of Contents