

Independent Living Program Activity Card

Category: DAILY LIVING

Activity: Let's Get Cooking!

Description: **The objective of this assignment is to:** Teach you that cooking can be made easy and there are thousands of recipes out there that can fit your dietary wants or needs.

How do I get credit for this assignment?

- Watch the video on Cooking Safety
- Complete the quiz
- Email the completed work along with this cover sheet to: Michelle Estrada at mestrada@orangewoodfoundation.org

You may earn up to \$10.00 ILP dollars for completing this assignment.

Total Dollars Earned:

\$
(ILP Use Only)

Notes:

Date: _____

Youth Signature _____	Date of Birth _____
Print Name (Youth) _____	Group Home (If Applicable) _____

Receipt
(ILP Use Only)

Let's Get Cooking!

Anyone can cook! Many delicious and tasty meals can accommodate you no matter what level of cooking experience you may be. Not only is it useful to know how to cook, but knowing the nutrition you are feeding your body. Is a Get some cooking inspirations by looking at various websites like Pinterest, Instagram, YouTube, Google and many more and try one that catches your eye and answer the questions provided. Alternatively, try the one below to help you get started. This recipe is easy, delicious, and best of all can be cooked in one pan or dish! Perfect to share or use to meal prep.

Before we begin, please watch this video on cooking safety and answer the pages on the following page. <https://youtu.be/iAJviCO5VuA>

One Dish Chicken Dinner



Ingredients

- 4 chicken breasts
- 1.5 pounds of red potatoes
- 14 oz. fresh or frozen green beans
- 1 packet Italian dressing seasoning
- 1 stick of butter, cubed

Instructions

1. Lay chicken down the middle of a 9×13 baking dish.
2. Wash potatoes, no peeling needed and cut in half.
3. Lay potatoes and green beans alongside the chicken.
4. Season with salt and pepper (optional).
5. Sprinkle Italian seasoning over everything and top with cubes of butter.
6. Cover with foil and bake at 350 for 1 hour.
7. Once its done, grab a serving add additional salt and pepper (optional) and enjoy.

Nutrition per serving

Calories	894.02kcal	45%
Total Fat	52.05g	74%
Carbs	37.38g	14%
Sugars	7.15g	8%
Protein	69.91g	140%
Sodium	472.98mg	24%
Fiber	5.57g	20%

Percent Daily Values based on a 2,000 calorie diet.

FOOD SAFETY QUIZ

Now that you watched the safety video, answer the questions below to receive credit.

1. _____ your hands for ____ seconds prior to cooking.
2. _____ to the side when opening the oven to allow the heat to release from the oven first.
3. Always use _____ _____ when handling hot utensils. Never use a towel, apron or anything that is damp.
4. Never throw water on a cooking fire! This is very dangerous and could result in serious injuries! Instead, smother the flames with a lid or baking soda and turn off the heat.
5. When using a knife, _____ the tips of your finger to avoid accidents.
6. Never put a _____ in a sink full of soapy water. It is difficult to see and someone could get hurt.

Happy cooking everyone!