

ACTIVITIES AT HOME






Making Pizza

.....
SPEECH AND OCCUPATIONAL
THERAPY TARGETS TO WORK ON
WHILE YOU'RE HOME WITH THE
KIDS





Speech Therapy Goals

-  Phonology
-  Understanding
-  Vocabulary
-  Social Communication
-  Grammar

Occupational Therapy Goals

-  Visual Skills
-  Gross Motor Skills
-  Fine Motor Skills
-  Touch
-  Body awareness

INSTRUCTIONS

RECIPE

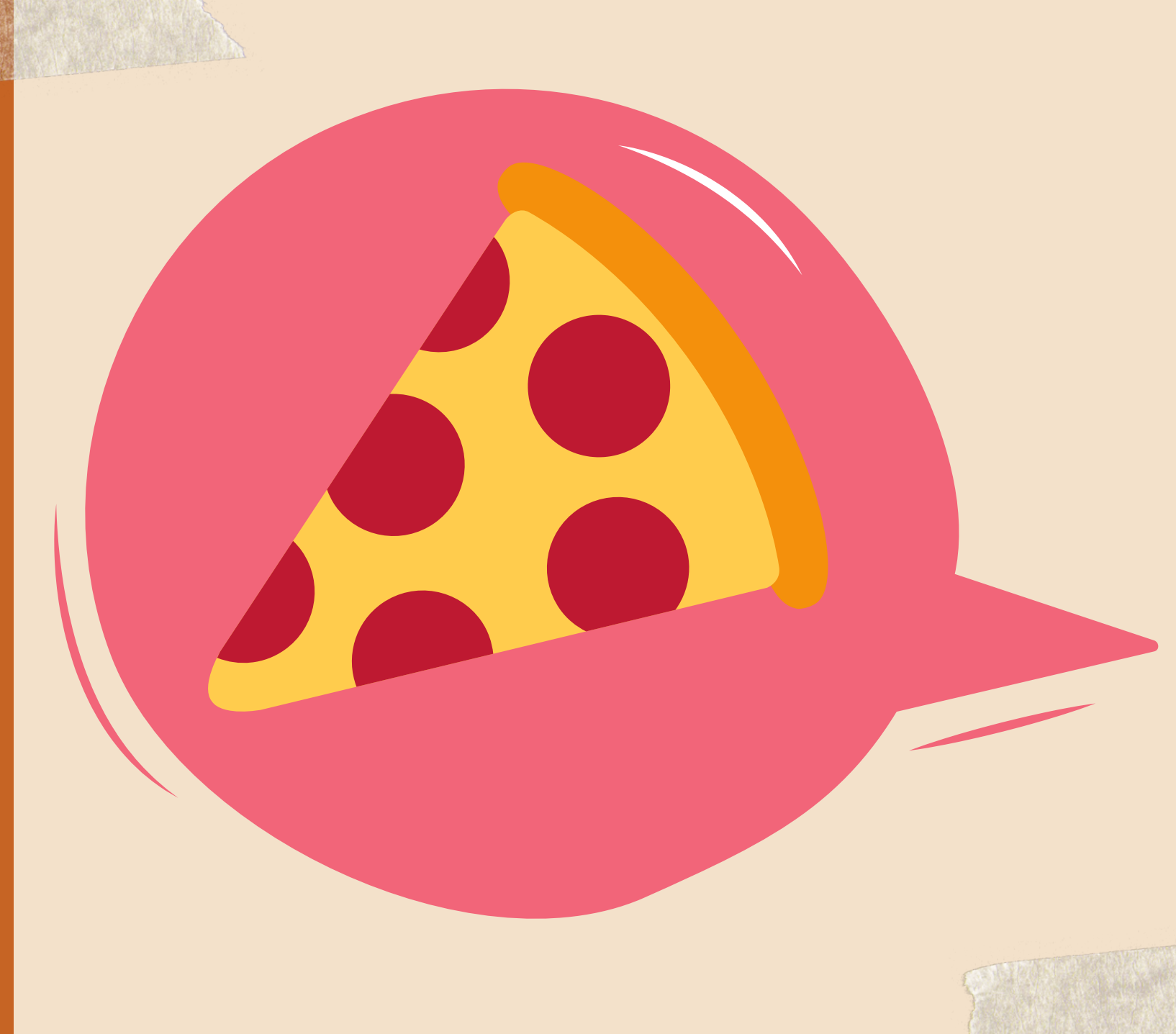
PIZZA CRUST

2½ CUPS ALL-PURPOSE FLOUR
3 TEASPOONS BAKING POWDER
1 TEASPOON SALT
¾ CUP + 2 TABLESPOONS WATER
1 TABLESPOON CANOLA OIL

TOPPING

TOMATO PASTE/PASTA SAUCE
TOPPINGS OF YOUR CHOICE
CHEESE

- COMBINE FLOUR, BAKING POWDER AND SALT. MIX AND SET ASIDE.
- COMBINE WATER AND OIL IN A SEPARATE BOWL.
- SLOWLY ADD WATER MIXTURE TO THE FLOUR MIXTURE AND MIX UNTIL DOUGH FORMS A BALL. PREPARE A PAN BY SPREADING OIL ON IT TO PREVENT THE DOUGH FROM STICKING.
- SPREAD PIZZA DOUGH ON THE PAN TO ABOUT 1-2 CM THICK.
- BAKE IN A 200 C OVEN FOR 15 TO 20 MINS.
- AFTER REMOVING PIZZA FROM THE OVEN, ADD TOPPINGS OF YOUR CHOICE.
- RETURN THE PIZZA TO THE OVEN. BAKE UNTIL THE CHEESE IS MELTED.
- REMOVE FROM THE OVEN AND ENJOY!



Speech Therapy Goals

**SAY 'AHH' FOR
PIZZA**



Phonology

syllable awareness

PE-PPE-RO-NI [4]

PI-ZZA [2]

TO-MA-TO [3]

initial sounds

/P/ - PEPPERONI, PIZZA,
PINEAPPLES

/B/ - BAKE, BURN

/S/ - SAUCE, SCOOP, SIFT

rhymes

PEPPERONI - MACARONI

CHEESE - PLEASE

SWET - MEAT

HAM - JAM



Understanding

Blank's Level of Questioning

INCREASING YOUR CHILD'S UNDERSTANDING OF QUESTIONS RANGING FROM CONCRETELY PRESENTED INFORMATION TO THE DEVELOPMENT OF ABSTRACT THOUGHT AND HIGHER THINKING SKILLS

Level 1

- WHICH ONE IS THE TOMATO SAUCE?
- FIND ONE LIKE THIS.
- WHAT IS THIS?
- WHAT COLOUR IS THE PEPPER?

Level 2

- WHICH ONES ARE FRUITS?
- WHICH ONE IS NOT MEAT?
- HOW ARE THEY DIFFERENT?
- WHAT'S GREEN AND CRUNCHY?
- WHAT AM I DOING?

Level 3

- HOW ARE HAM AND PEPPERONI THE SAME?
- WHAT ELSE CAN WE PUT ON PIZZA?
- WHAT DO WE DO AFTER WE TAKE THE PIZZA OUT?
- WHAT DOES THE WORD 'INGREDIENTS' MEAN?

Level 4

- WHY DO YOU HAVE TO WEAR OVEN MITTS?
- WHAT DO YOU THINK WE SHOULD DO NEXT?
- SHE TOUCHED THE HOT OVEN, WHAT CAN SHE DO NOW?
- WHY DO WE NEED TO PUT THE CHEESE IN THE FRIDGE?



Vocabulary

introduce various new words

NOUNS

- CAPSICUM
- PEPPERONI
- TEMPERATURE

ADJECTIVES

- STICKY
- THICK
- DELICIOUS

VERBS

- SPREAD
- KNEAD
- SLICE

synonyms & antonyms

DELICIOUS - YUMMY
BIG - LARGE
SOFT - HARD
HOT - COLD

categories

CHEESE:

- PARMESAN
- CHEDDAR
- SWISS

VEGETABLES:

- CAPSICUM
- SPINACH
- BROCCOLI



Social
Communication

communicating together

- PUT THINGS OUT OF REACH / BEHAVE UNEXPECTEDLY
TO ENCOURAGE CONVERSATION.

turntaking

- YOUR TURN TO POUR THE FLOUR
- WE CAN BOTH TAKE TURNS MAKING PIZZAS

role-playing

ENCOURAGE ROLE-SPECIFIC DIALOGUE AND SOCIAL LANGUAGE (HELLO, PLEASE, THANK YOU, SORRY,) BY PRETENDING TO BE A PIZZA CHEF AND A CUSTOMER.

protesting & requesting

- I WANT ...
- CAN I HAVE THE ...
- I DONT WANT ... ON MY PIZZA



Grammar

prepositions

IN
ON
UNDER
BETWEEN
BESIDE

gender pronouns

HE SHE HIM HER HIS

plurals

- ONE PEPPERONI, TWO PEPPERONIS
- ONE PIZZA, TWO PIZZAS

tenses

I AM SLICING
I SLICED
I AM GOING TO SLICE
THE CARROTS HAVE
BEEN SLICED



Occupational Therapy Goals

**AS EASY AS
PIZZA PIE**



Visual Skills

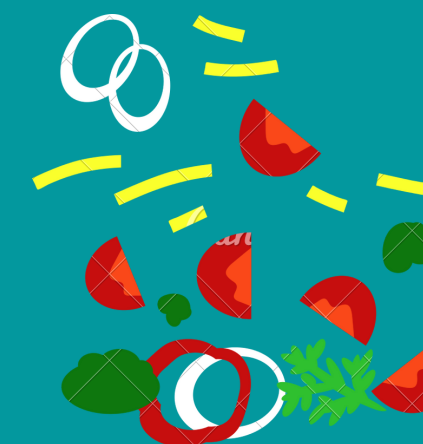
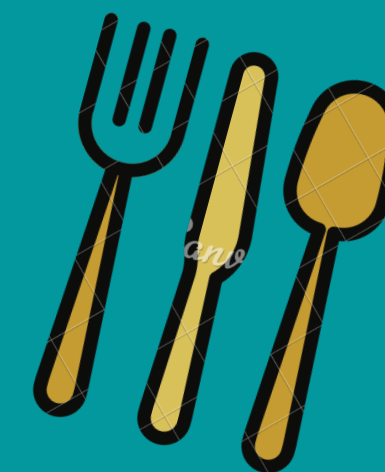
Visual Tracking

Tracking words and sentences appropriately while reading the recipe



Visual Scanning

To scan the environment and locate the ingredients and utensils





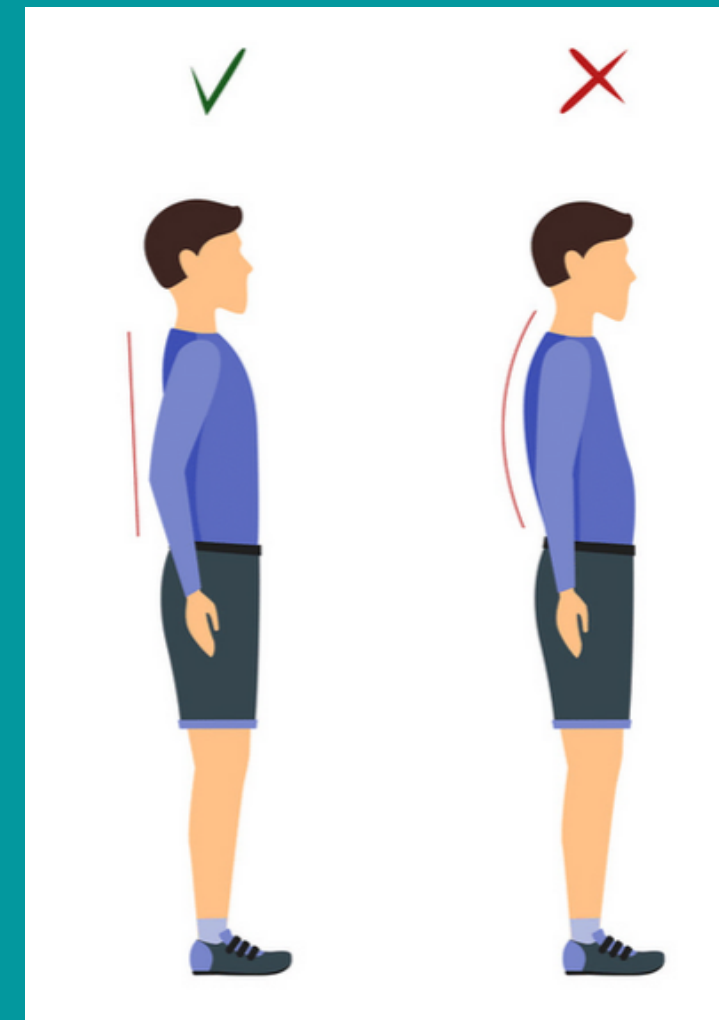
Gross Motor
Skills

Shoulder Stability



To enable strong and
efficient kneading, mixing
and scooping

Maintain appropriate posture

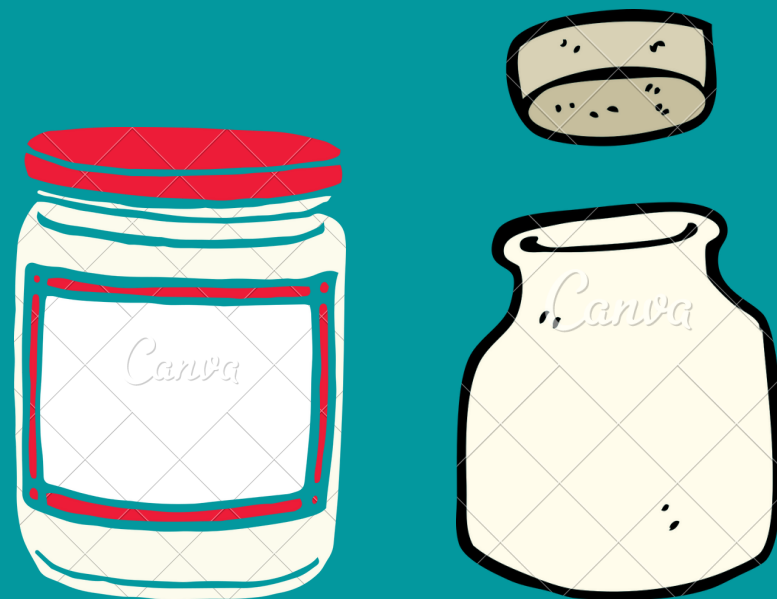


To be able to work
comfortably,
safely and
efficiently



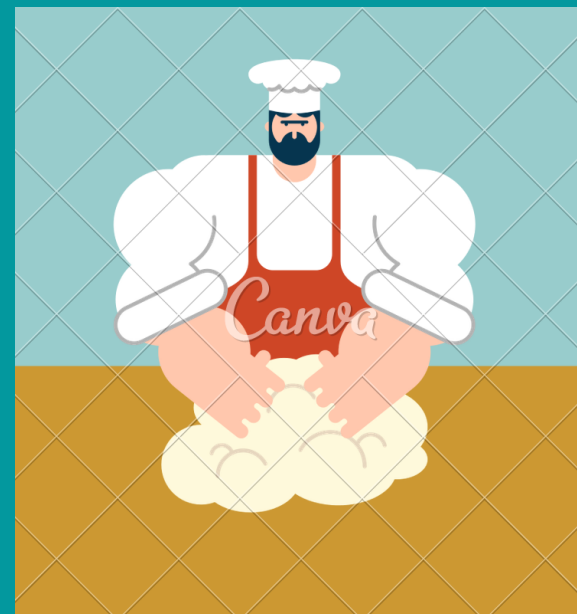
Fine Motor
Skills

Finger Strength and Dexterity

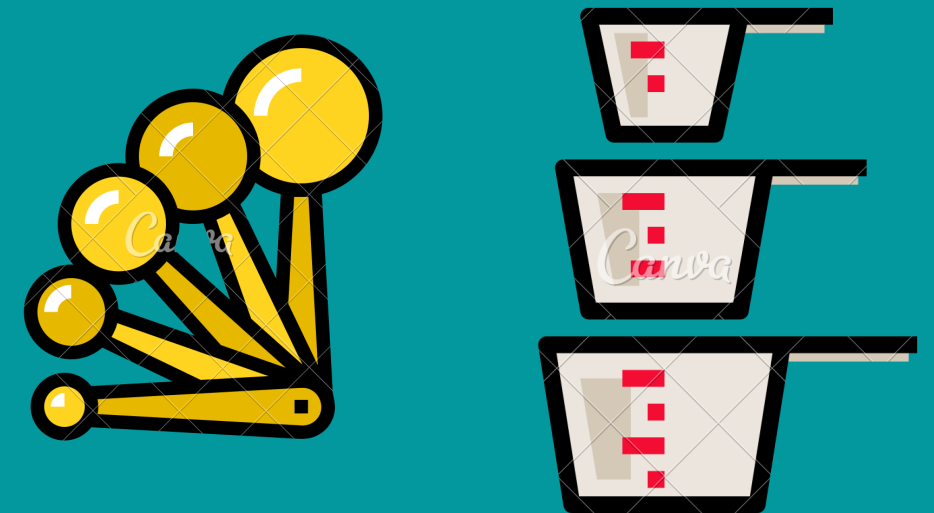


Opening jars or
containers

Pressing the dough in
the pan



Wrist range of motion



Manipulating utensils
while mixing or
measuring



Touch

Experiencing different types of ingredients and textures



Flour

Dry, powdery, grainy



Dough

Sticky, smooth, yielding



Sauce/water/oil

Wet, slippery,
sticky, chunky

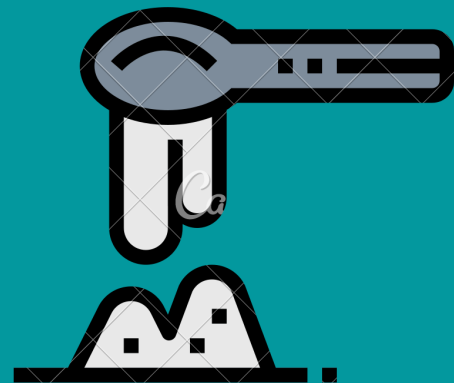


Body Awareness

**Coordinating both arms/hands to
work together on a task**



**Apply appropriate amount of
pressure
during a task**



Scooping



Kneading Dough



Mixing

**Being aware of where body parts
are in relation to a heat source
(oven);
safety awareness.**



Potential Challenges and Accommodations

Sensitive to touch different texture

- Prepare a cloth nearby to wipe hands with.
- Use utensils when kneading/pressing out dough.
- Place dough ingredients in a ziploc bag to knead.

Low strength (gross / fine motor)

- Take turns.
- Physically support the child during the task (e.g. place your hand over theirs)
- Ensure that work surfaces are an appropriate height for the child to optimise their ability to apply strength appropriately.