

## ACTIVITY WRITE-UP

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**Name of Activity: Making Healthy Pancakes**

Type of modality	Nutrition
Type of play	Shared Cooperative
Interaction pattern	Intra-group
# of participants required	2 or more
Equipment/supplies	<ul style="list-style-type: none"> <li>• 2 ripe bananas</li> <li>• 1 egg</li> <li>• Light whipped cream</li> <li>• Non-stick spray</li> <li>• Skillet</li> <li>• Stove</li> <li>• Whisk</li> <li>• Mixing bowl</li> <li>• Spoon</li> <li>• Spatula</li> <li>• Plate &amp; Utensils</li> </ul>
Facilities required/environment	Since this action is cooking, it should take place in a kitchen. The environment should be spacious enough for two people to comfortably make pancake mix and cook the pancake.
Precautions	A supervisor should be present at all times. Since this activity involves a stove, the client could get burned if not handled properly. Another precaution is any allergic reactions to the ingredients; in that case, cook a different meal.

### Directions

1. Explain to client about the benefits of the healthier version of pancakes.
2. Take out each cooking item and ingredients from cabinet and place them on the table. Assess all the cooking items and ingredients in order.
3. Peel 2 ripe bananas and place them in the bowl.
4. Proceed to mash bananas until they form a smooth consistency.
5. Crack the egg open and place it in the bowl. Throw out egg shell.
6. Using the whisk, mix together the ingredients until they form a smooth mixture.
7. Spray the skillet with non-stick spray and place on top of the stove.
8. Turn the stove on and wait for the skillet to heat up.
9. Spoon the mixture into the skillet and wait until it is ready to flip.
10. Take the spatula and flip the pancake on the other side.
11. When pancake is ready, transfer it to the plate.
12. Add a small portion of whipped cream on top.

13. Cut up the pancakes.(supervision needed)

14. Eat and enjoy.

15. Have a discussion about how healthy foods can also be tasteful and how they are beneficial to our health.

### Activity Analysis

Category	Skills
Primary body position	<ul style="list-style-type: none"><li>• Standing</li></ul>
Part of the body required	<ul style="list-style-type: none"><li>• Upper Extremities</li><li>• Hands</li></ul>
Movement	<ul style="list-style-type: none"><li>• Bending</li><li>• Carrying in the arms</li><li>• Carrying in the hands</li><li>• Grasp: Palmer, scissor, radial-digital, 3-jaw chuck, pincer</li><li>• Lifting</li><li>• Picking up</li><li>• Putting down objects</li><li>• Reaching</li><li>• Releasing</li></ul>
Physical	<ul style="list-style-type: none"><li>• Balance: static standing</li><li>• Crossing midline</li><li>• Fine muscle coordination</li><li>• Active range of motion: Upper extremities</li></ul>
Cognitive	<ul style="list-style-type: none"><li>• Attention: Alternating, sustaining and sharing attention</li><li>• Insight</li><li>• Memory: short term</li><li>• Sequencing</li></ul>
Social	<ul style="list-style-type: none"><li>• Maintaining social space</li><li>• Physical contact</li><li>• Relating with persons in authority</li><li>• Regulating behavior</li><li>• Social conduct</li><li>• Social cues</li><li>• Showing tolerance</li></ul>
Perception	<ul style="list-style-type: none"><li>• Gustatory function</li><li>• Tactile function</li><li>• Visual function</li><li>• Hearing</li></ul>
Communication/language	<ul style="list-style-type: none"><li>• Reception to spoken language</li></ul>
Self-care	<ul style="list-style-type: none"><li>• n/a</li></ul>

Psychological/emotional (possible)	<ul style="list-style-type: none"> <li>• Excitement for tasting a delicious pancake</li> <li>• The client could be angry if there is an issue with flipping the pancake (can be messy)</li> <li>• Fear could come about because the client will be near a hot stove</li> <li>• Frustration could come about if the client may not want to eat the “healthy” option opposed to the original.</li> </ul>

**How to Simplify the Activity**

The activity can be simplified by using a blender to blend the ingredients instead of using muscles to mix it all together.

**How to Make the Activity More Complex**

The activity can be made more complex by increasing the portions of the batch. Instead of 2 bananas there could be 4, and instead of 1 egg, there could be 2. This would also require more time and patience.

**Other Comments**

The client can not only learn about the health benefits from 2 healthy foods, but eat them in a way that they taste like pancakes. They will learn about health and experience it all at once.