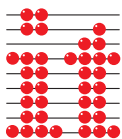
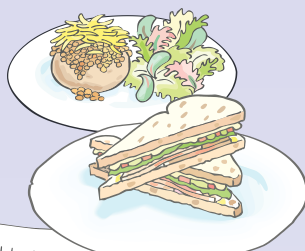
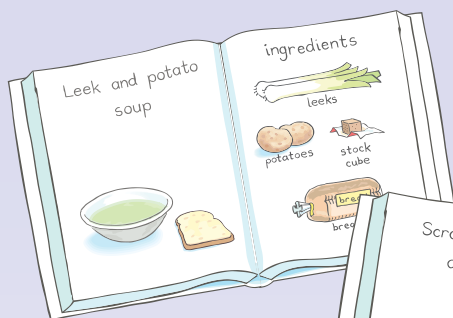


choose and cook



Inclusive
Technology

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Introduction



Choose and Cook is a text-free story based program about cooking and creating meals. Choose a character to cook with, choose a meal, and create it by selecting the correct ingredients and utensils. Along the way your learners can discover how foods are stored, how ingredients change through the cooking process, food hygiene, and the pleasures of sharing a meal with a friend.

It is suitable for learners from Key Stage 1 up, although the age appropriate characters and imagery mean that it is particularly suitable for secondary age learners and post 16 students. It is an ideal resource to support the Design and Technology curriculum, including following instructions, developing an understanding of materials and production processes and techniques, and an understanding that products can have an impact on quality of life.

It promotes healthy and independent living, can be used as an introduction to a series of practical cookery lessons, and includes extension activities aimed at developing an understanding of what makes a healthy diet, and different categories of food.

Choose and Cook be used in tandem with real cooking and home management lessons. Although real experience is vital, **Choose and Cook** enables your class to focus on the actual processes without being distracted by the physical and cognitive challenges of individual tasks. The simple recipes in the program can all be easily produced in the kitchen.

Curriculum Targets

Choose and Cook is an ideal resource to support the Design and Technology curriculum, the QCA “Developing Skills - Additional Priorities” documents and the DCSF initiatives in healthy eating and cookery classes. In supporting Design and Technology, **Choose and Cook** enables students to practice and develop the skills necessary to plan a healthy meal, select and use the tools (utensils) and materials (food) they will need for the various processes involved, and communicate their knowledge and understanding of what they have learnt through the choices they make.

Accessibility

All the buttons for learners to click or touch are large and well spaced so that those with hand-eye coordination difficulties will find it easy to make choices. Likewise for early mouse users. Switch access is provided for one-switch and two-switch users.

Installation

Please note: an active internet connection is required

To install **Choose and Cook**, simply run the following file:
choose_and_cook.exe

The installer will prompt you to enter your name, email address and activation key (sent to you at the time of purchase). All fields are required.



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Accessible Software

Please enter your customer information below.
Hyphens will automatically be added to your activation key.

User Name:

Email:

Activation key:

When the activation key has been successfully validated, the installation will begin.

Running Choose and Cook

If a ***Choose and Cook*** icon is visible on the the desktop, you can double-click to launch directly into the program. If there isn't a desktop shortcut, you can find the software in the ***Programs*** list of your ***Start menu / screen***.

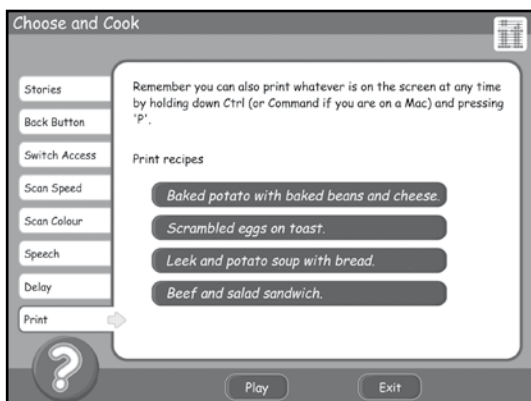
Stopping Choose and Cook

Whilst playing an activity, press the **Esc** key on the computer's keyboard. This will take you to the Options screen.

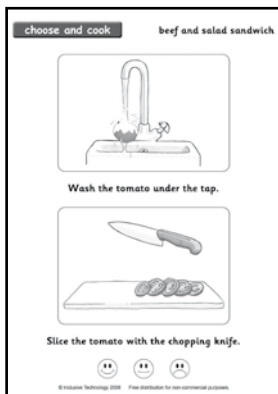
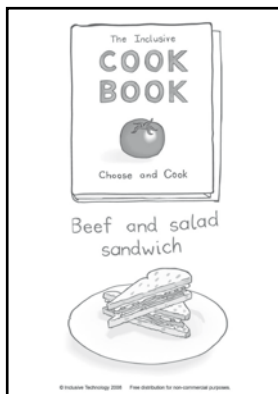
To exit the program completely, click on the **Exit** button on the Options screen.

Printing

You can print out whatever is on the screen in ***Choose and Cook*** at any time. Just hold down the **Ctrl key** and press the **P key**. Then wait a few seconds and a normal Print window will appear.



Choose and Cook is supplied with lots of printable resources to help you teach this subject. You will find these in the **Inclusive Resources** folder. You will find a link to this folder on your computer's Desktop. All the foods and cooking utensils are there, plus illustrated recipe methods and photographs of food.

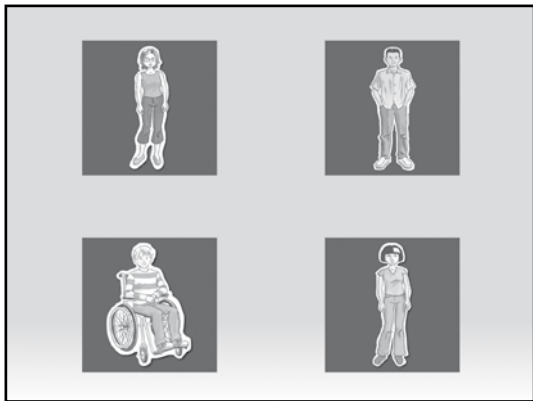


See the **Choose and Cook** Resources sections at the back of this user guide for more details.

Playing Choose and Cook

When ***Choose and Cook*** begins, click **Cook meal** on the title screen.

The first page of the story will then appear, where you choose a character to make a meal with: Colin, Penny, Sue or David.



To make your choice, just click on a character. The choice of meals will then appear:

- Baked potato with baked beans and cheese.
- Scrambled eggs on toast.
- Leek and potato soup with bread.
- Beef and salad sandwich.

The audio narrative is an important part of ***Choose and Cook***. Learners should listen carefully to the story and its questions, but you should find it easy to support them.



Where the learner simply needs to press their mouse button to make the story progress, a picture of a mouse will appear.



Alternatively, if the program is set up to use switch access (see Options for details), a picture of a switch will appear.

When the program is set up to use switch scanning, each object will be highlighted automatically in turn as soon as you press the first switch or the computer's space bar.

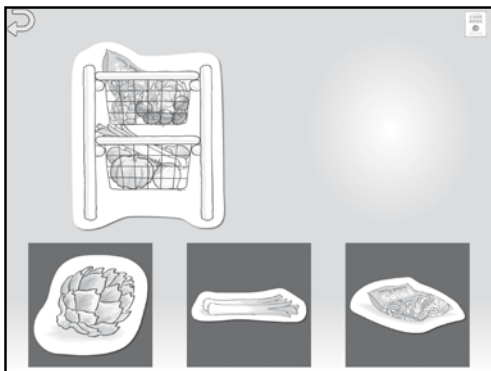


From time to time, a **Back** button will appear in the top left-hand corner of the screen. Clicking this button will take you back a step so you can repeat a part of the sequence.

The Choose and Cook Story

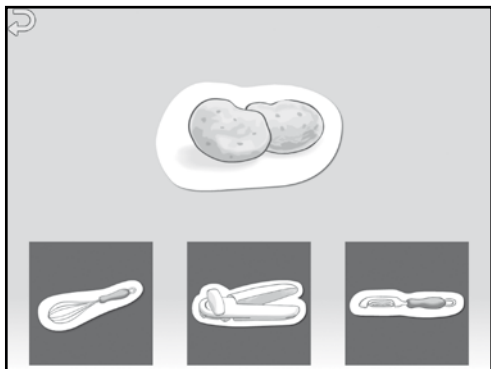
The story sequence of ***Choose and Cook*** is always fixed and predictable for each meal you choose. At all stages you are given three or four objects to choose from, together with supporting audio.

1. Choose a character.
2. Choose a meal to make.
3. Gather the ingredients together from different places in the kitchen.*

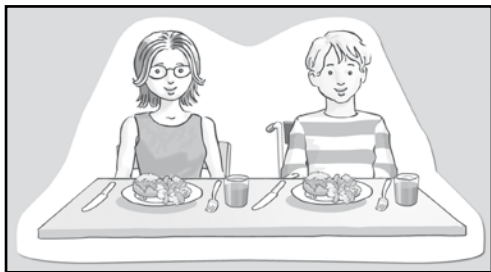


Note the little picture of the cookbook in the top corner. Click this to take a look at the ingredients needed for the chosen meal. Alternatively use the laminated recipe cards provided with **Choose and Cook**.

4. Wash hands and put on an apron.
5. Make the meal, selecting the correct utensils as you go.*



6. Invite a friend and serve.
7. Choose a drink to have with your meal.
8. Enjoy the meal, with some music.



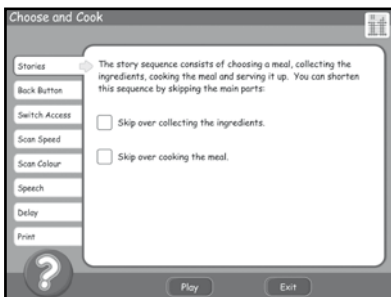
** Covering this whole sequence, including group discussion, will take approximately 15 minutes. There are options to skip over these two major parts, in case you haven't got that much time.*

Choose and Cook Options

When the program starts, click the **Options** button to access the Options menu. Alternatively, when a story page is displayed, press the **Esc** key.

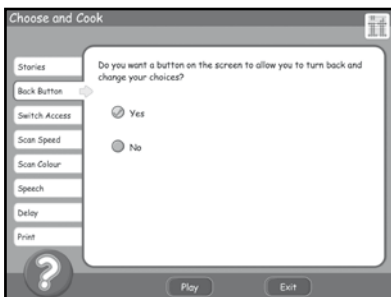
On the left-hand side of the Options menu you will see a column of buttons where different options can be set. Click on these to see the changes you can make.

Story Options



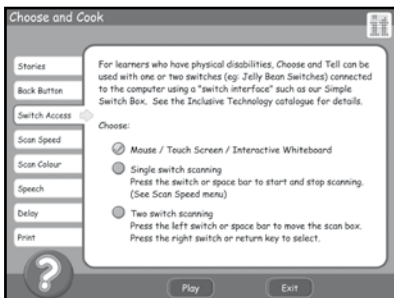
Here you can set the program to skip over one or both of the two main sections in case you are short of time, or want to focus on either the ingredients or the cooking process.

Back Button



The **Back** button lets the learner go back and choose a different item. This option allows you to hide it so it cannot be used.

Switch Access



Here you can choose whether to use the mouse, touch screen, keyboard or one or two switches.

If you are using a trackerball, roller or joystick, select **Mouse / Touch Screen / Interactive whiteboard** in this menu.

If you have switch access selected, you will still be able to use the mouse to make choices in the story. When the switch is pressed, the mouse will become inactive and the switch “scanning” will start.

Using switches



Switches are special input devices that can be used to play the story by those who cannot use a mouse or touch screen. There are many different types of switch. The most common are AbleNet switches, which come in different sizes.

You can use either one switch on its own or two switches in combination.



To connect switches to the computer, you will need a “switch interface”. There are a number available such as the Inclusive Simple Switch Box, the Crick USB Switch Interface or the Quizworks USB Switch Interface. These plug into the rectangular USB socket of your computer. You can then plug your switch(es) into the interface.

Using a single switch

Plug one switch into the first socket of your switch interface. The switch interface should be set up so that the switch acts like the space bar on your computer's keyboard.

Making choices on each page of the story uses a "scanning" method. Press the switch to make the scanning start. A red "scan box" will appear round the first selectable item on the screen. Wait two seconds and the scan box will move to the next choice. Wait another two seconds and it will move again. To make a selection, wait until the scan box has moved to the item you want and press the switch again.

See the **Scan Speed** and **Scan Colour** options on the next page to control the speed of the scanning and the colour of the scan box.

Using two switches

Plug the switches into the first two sockets of your switch interface. The switch interface should be set up so that:

- The left switch acts like the space bar on your computer's keyboard.
- The right switch acts like the **Enter** key.

Making choices on each page of the story uses a different "scanning" method. Press the left switch to start. A red "scan box" will appear round the first selectable item on the screen. Press the left switch again to move the scan box to the next choice. Keep pressing the left switch until your required item is highlighted. Then press the right switch to select it.

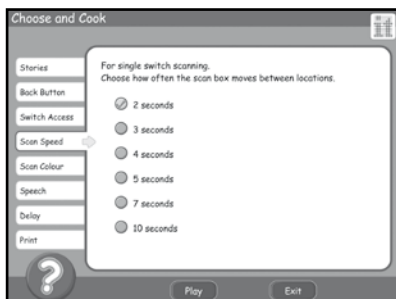
See the **Scan Colour** option on the next page to change the colour of the scan box.

Using the keyboard

Some users who cannot use a mouse or touch screen may be able to use the space bar and/or **Enter** keys. You can use these in the same way you might use switches.

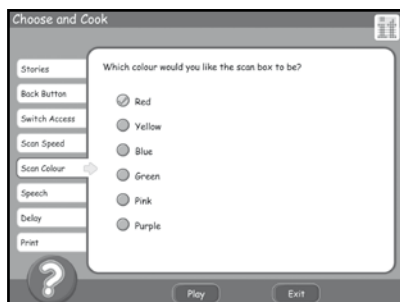
- To use just the space bar, see **Using a single switch** above.
- To use the space bar and the **Enter** key together, see **Using two switches** above.

Scan Speed



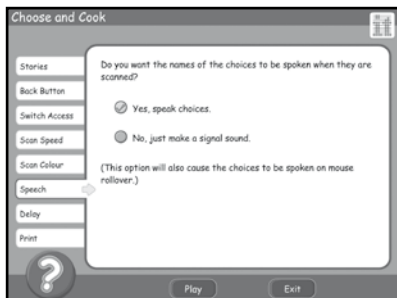
This controls the speed of the **single switch** scanning. It controls the length of time that each choice is highlighted before moving on to the next.

Scan Colour



The Scan Colour menu controls the colour of the scan box that appears around choices on the screen.

Speech

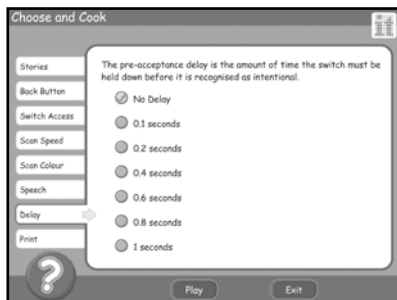


Normally the names of the choice pictures are spoken by the program when the mouse pointer is rolled over them.

This also provides auditory scanning for switch users, where the name of each picture is spoken when the scan box moves to it.

This option allows you to turn this off. This is useful if you want your students to recognise the food items and utensils without help.

Delay



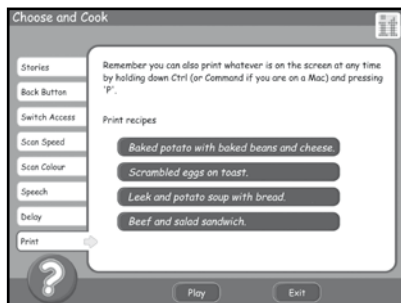
Choose and Cook includes a 'pre-acceptance delay' function.

This is useful for switch users who make brief involuntary switch presses which you don't want the program to recognise.

If you set this delay to 0.4 seconds, the program will

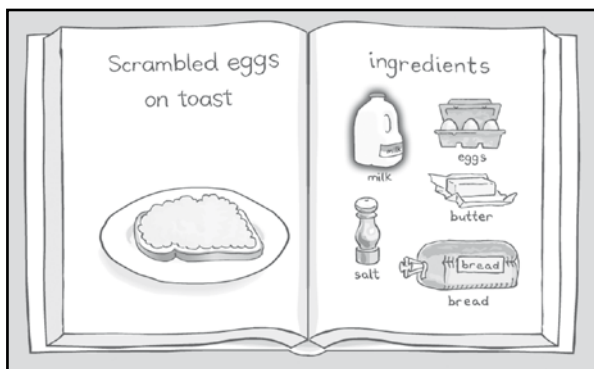
only accept switch presses that last longer than 0.4 seconds.

Print



This section lets you print out the meals and their ingredients as seen in the cook book.

The printout will look like this:

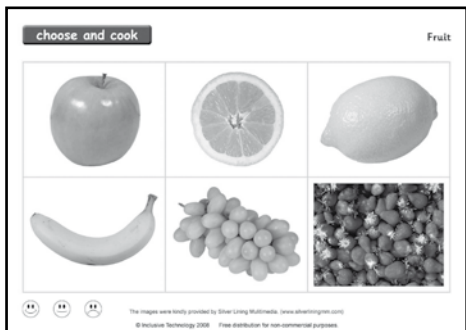


Choose and Cook Resources

Special laminated cards of the four recipes as seen in the **Choose and Cook** cook book are provided in the resources folder. These should be used with the program to help when collecting the ingredients together.

More copies can be printed out from the program.

A set of resources is included with **Choose and Cook** to help you deliver this topic. You will find these in the **Inclusive Resources** folder on your computer.



There are lesson plans to print out and use either in the classroom or in the kitchen, including illustrated instructions for the recipes so you can create them for real in the kitchen.

You will also find all the pictures from the program in the resources. You can print these out and laminate them to use with the program, or for matching games, object association, etc.

There are additional photographs of different foods as well as instructions for a lotto game and resources for introductory lessons on the food pyramid.

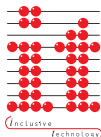
The JPG pictures can be used in open content software such as **Powerpoint**, **SwitchIt! Maker 2***, **Chooselt! Maker 2***, **MyBoard***, **Clicker** and various jigsaw programs such as **SwitchIt! Jigsaw Maker 2***.

A special **MyBoard** scrapbook has been provided for easy use of the images in **MyBoard***.

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