

Cooking Skills



Montrose
Therapy & Respite Services

Tasty fun while learning new things!



- Every Tuesday @ Darra
- 9am – 2pm
- Six Week Program

The Cooking Program contains six individual roles for learning.

Each role has expected outcomes for each day. A participant can commence at any stage and will complete all six learning and development roles.

Should a participant seek further development, the program can continue for an additional six weeks. This will require further discussion with the program Coordinator.

All participants are closely guided and monitored by our experienced and skilled staff. Where possible, for participants that undergo Montrose therapy services we will incorporate the goals from therapists into the program. This valuable learning and skill development program is delivered in a custom-built commercial kitchen environment in the safety and comfort of the Montrose office space.

Role outcomes for the program include:

- ✓ Correctly identifying and preparing equipment needed to complete certain tasks
- ✓ Learning how to pre-plan – how to set up for maximum efficiency
- ✓ Identifying and reacting to health and safety issues within an workplace
- ✓ Identifying healthy options
- ✓ Calculating and measuring of ingredients
- ✓ Food safety techniques
- ✓ Identifying seasonal produce Identifying online recipes, ordering and preparation skills
- ✓ Where possible – mentoring through relevant therapy goals (e.g. use of equipment appropriate to the participants needs)
- ✓ Learn how to write and provide instructions for team appropriately
- ✓ Learn skills in the use of basic computer software – searching the internet
- ✓ Learning leadership and Management skills – one role is to be the leader and mentor for the day.

Call us on 1800 193 362