



## Peeling Veg

Living at home does not mean people need to lose the ability to prepare or cook a good meal!

Cooking can be relaxing and prompts memories. The smells can encourage people to get involved leading to an increase in sense of purpose, boosting confidence and belonging, as well as promoting an interest in food and mealtimes.

Everyone can be involved. It is important to ensure the activity is flexible and is manageable to suit the skill of the individuals involved.

Cooking can also enhance social skills - get everyone talking and sharing memories!

### You will need:

- Raw veg
- Bowls
- Peelers
- Pans
- News paper
- Knife for chopping
- Cutting board
- Pan
- Pinny
- Food gloves
- Colander

### What you do:

- Prep the area for peeling and washing the veg.
- Pop on your pinny and gloves.
- Wash the veg using the colander.
- Place the newspaper on the side/table in front of you and using the peeler start to peel the raw veg.
- When peeling is finished, top and tail or cut into the sizes needed using the knife and chopping board.
- Place into the colander and wash over.
- Pop into the pan ready for cooking.
- Take the used peelings and place them into your garden compost bin!

### Top tip-

Adapt the veg peeling to suit individuals, if a person does not feel confident to chop or peel, can they shell peas or help set up and tidy away?

If you would like to discuss the information included in this resource, please call the NAPA Helpline; our free and confidential activity support service.

