



*an eu curriculum for
visual disabilityEs
RehabilitatOrs*



LITHUANIAN UNIVERSITY
OF HEALTH SCIENCES

How to make a toast Simulation scenario for VDR

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1 Activity 2 “Making a toast”

Items needed for activity:

Food tray, toaster with tactile dots, plate (dark colour), packaging of a toaster, bread, wooden cooking tongs.

Before starting help VIP familiarize himself/herself with the parts of the toaster (where the *tactile dots* indicating the selected temperature are etc.)

1. Put the toaster and the (dark coloured) plate on the tray and let VIP touch where the toaster and the plate are.
2. Instruct VIP how to check if the toaster is hot or cold (with back of his/her hands).
3. Show where the socket is on the wall, placing VIP's hand on it. Instruct him/her to plug the toaster into the socket.
4. Instruct the VIP where the bread is on the table. He/she has to remove one slice of bread from the packaging.
5. Instruct VIP to place bread into the toaster slots and press down on the lever.
6. Instruct VIP how to adjust the temperature. (“Adjust the knob to the desired level of toasted or with your fingertips find where the tactile dot is”).
7. When the toast pops out instruct VIP to wait until it cools down and remove it with his/her fingertips (“Lift the lever with one hand and remove the bread with another hand”) or use a cooking tong.
8. While holding the bread in one hand, find a plate with another hand and place the bread on the plate.
9. Ask VIP what would he/she do if the bread is burnt, or what to do when things are not working properly. *

** If there is a burning smell or smoke coming from the toaster, the VIP must turn off the toaster from the electrical outlet. Do not hesitate to ask someone else for a help if something doesn't work out.*

2 Activity 3 “Spreading butter on a toast”

Items needed for activity:

Food tray, drawer with cutlery, plate (dark colour), bread, butter.

1. Keep only the plate with toasted bread and butter on the tray Let the VIP examine where the plate and the butter are.
2. Instruct VIP how to find table knife in the drawer among other cutlery.
3. Instruct VIP on how to take a portion of butter (“Hold the knife with one hand (dominant), touch the side of the butter with the finger of the other hand and slice a little bit of butter”, or “run a knife through the top of the butter”)
4. Instruct the VIP to spread the butter on the toast by holding the toasted bread in one hand and the butter knife in the other hand.
5. Position the butter in the center of the bread, allowing the VIP to begin spreading it from the middle towards themselves, and then proceed to the opposite side. Alternatively, the bread can be flipped, and the butter can be spread towards the VIP.
6. Instruct VIP to check with his fingertips if the entire toast is spread evenly with butter and apply extra butter on those areas where there it is not enough (where he feels that the bread is dry).