



Skill Development for Children with Down Syndrome

By:

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Food Discovery Foundation (FoodImpact)

- Education-based non-profit organization that provides food and nutrition literacy programming for children from ages 3-18.
- Programming changes with the audience and is customized to accommodate culture and beliefs, cognitive development, and skill level.
- Provide courses and workshops to people with Down Syndrome
 - Ups and Downs Association



Setting Expectations

- Skill development is not a linear process.
- It is okay to fail or make mistakes.
 - Learning opportunity
 - Demonstrate failing
 - Acknowledging the varying degrees of success
- Discover the needs of your children - visual, auditory or kinesthetic learner~

Belief

- Allow for the child to create a mental framework of themselves performing the task prior to performing the task.
- Fun/Useful vs Dangerous/difficult



Breaking Down Knowledge

Scaffolding - breaking up the learning into chunks and providing a tool, or structure, with each learning objective.

- Knives
- Measuring



Exploring Skills

Set them up for success:

- Cutting- Start soft and flat – halved fruit
- Peeling – Blanching or peeler
- Shredding
- Mixing – hand whisk
- Stirring
- Measuring – Start with 1-2 dry measurements and gradually add more.
- Weighing
- Gathering
- Rolling
- Kneading
- Separating – egg yolks





Method of Expression

- Aesthetic portion of the dish vs. flavour profiles
 - Help describe self, self-perception and identity
 - Likes vs. Dislikes
 - Theory of mind
- Providing agency where possible within the recipe
 - Recipes that may substitute or swap out ingredients can be a powerful method of creation, and reassurance for the learner.
 - Soups, Crisps/Crumbles, Tacos, Sauces Dressings

Potato Gnocchi

Ingredients:

- 1lbs yellow potato , baked peeled and mashed
- 3 egg yolks
- 1/2 tsp sea salt
- 1/4 tsp pepper
- 1 cup flour



Instructions:

- Gather potatoes into a mound forming a well in the center.
- Put egg yolks, salt, and pepper in well. Mix into potato by hand.
- Sprinkle half the flour over the potato. Work through potato
- Continue adding flour until the dough starts to feel soft and not sticky.
- Cut down into 4 pieces. On a lightly floured surface, roll each piece into a rope about 1/2 inch thick. Cut the rope into individual dumplings about 1 inch.
- Boil water and add gnocchi. Cooking for about 2 mins or until they float to the surface.
- Add to a skillet with warm sauce. Serve immediately.

Contact



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