

## Touching and perceiving

# Touch sensitivity



### Activity: Baking a cake

Baking a cake is fun and challenging.

### Theme: party, preparing food

### Set-up of the activity

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- Place the materials on a tray or on the table or on the wheelchair tray.
- Prepare the ingredients in bowls and let the client explore these with his hands, smell and taste them. Use extra ingredients for this purpose.
- State the names of the ingredients.
- Together put the ingredients in a big bowl, knead the ingredients by hand.
- Let the client experience what an egg feels like and what happens when you crack the shell.
- Scoop the batter in the cake mould with a spoon together with the client.
- In proximity of the oven let the client feel that it is warm before the cake is put in the oven.

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- When using a mixer, first let the client hear the sound and feel the vibration.
- Try to scoop the batter in the cake mould with a spoon together with the client.
- Tips for working with clients with limited hand function:
  - Let the client operate the mixer with a switch.
  - You can also place a ball of dough in the client's hand and let him knead it (make it a bit thicker by adding some more flour to the batter).

- Together weigh the ingredients and let him put them in a bowl.
- Let the client experience where the sugar or butter comes from: the entire pack and/or part of it.
- Name the characteristics of the ingredients that are felt (i.e., granular, sticky, greasy, wet, warm or dry).

### Points for observation and focus

- Check whether the client's touch sensitivity is sufficient to feel all the textures.
- Observe whether there is a strong aversion to certain textures. Using only the fingertips may be an indication of this.
- Observe how the client explores the ingredients and baking materials. Does he explore with one or two hands, with the fingertips or the entire hand.

### Alternative materials

- The aforementioned descriptions in set-up can be applied to various baking recipes.

### Can also be used in the categories

- Tactual exploration (TE)
- Tactual language (TL)