

Peeling Vegetables

Dyspraxia DCD Ireland ADL Clinic Resource



See intro document for support in teaching and learning steps as well as further safety precautions and info.

It is encouraged to practice the skill yourself beforehand and to try teaching the skill to someone else to troubleshoot any issues that your child may encounter along the way.

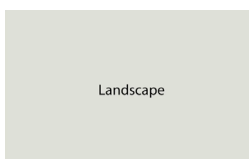
Sequence of Steps:

Steps of task for user:

Gather the equipment needed:

- ✓ Vegetable of choice (carrot is often a good choice to start with)
- ✓ Peeler
- ✓ Chopping board
- ✓ Bowl, tray or container for peels
- ✓ Desk/Table/Counter
- ✓ No slip surface or plate

1. Wash the vegetable with water to remove any dirt and dry with a clean towel or kitchen towel
2. Place a non-slip surface such as Dycem on the table where you will be working
3. Place the chopping board on the table in a landscape position



4. Place the vegetable on the table with one end facing left and the other end facing right
5. Hold the end of the vegetable with your non-dominant hand on the non-dominant side of the board
6. Hold the peeler in your dominant hand
7. Place the edge of the peeler against the side of the vegetable near, but not touching, your non-dominant hand
8. Pull the peeler against the vegetable in a continuous line until you get close to the edge of the vegetable
9. Once complete, turn the vegetable slightly and repeat steps on next side of vegetable
10. Repeat until all sides are peeled

Practical Tips

- Peel away from the body at all times
 - Coast to coast (left to right/right to left) movement across the body
- Consider which peeler works best for you. Considerations may include
 - Safety
 - Sharpness of blade
 - Finger placement on peeler
- Consider use of vegetables of different consistencies while practicing
 - Carrots, potatoes, eggplants for example
- Ensure appropriate set-up – place the board directly in front of the child, place the peeler on the dominant side of the board
- Practice in a less pressurised situation, such as outside of mealtime.

Adaptive Equipment

- Spike board.
- Dyson non-slip sheeting.
- Thicker handled peeler.
- Finger placement peeler

Disclaimer:

It is the responsibility of the caregiver to ensure that the child is supervised by an adult/caregiver while completing all exercises or recommendations during sessions outside of sessions and that if there is any doubt in relation to the strategy or you or your child's ability to perform this safely, it should not be completed.

It is the responsibility of the caregiver (or the individual if over 18) to ensure that the location of any activities or interventions being undertaken is deemed safe

If you or your child experiences any discomfort or strain the activity should be stopped immediately.

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