

Digital magazine helps those with learning difficulties to cook their own meals



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People with developmental disorders can often learn to perform difficult tasks, but they need special help in order to do so, and instructions designed for non-disabled readers can be confusing. We've already seen [Match](#) use color-coded equipment to help those with autism make sense of the kitchen, and now a new interactive magazine called [Look, Cook and Eat](#) is designed especially to teach those with learning difficulties to cook for themselves.

Created by Sue Hoss, a coffeeshop owners who works with intellectually disadvantaged people, the magazine aims to be an alternative to existing cooking publications and online recipes that can be difficult to follow. Using images, video and audio voiceovers, the magazine will present recipes in an easy-to-understand format which cuts out the more complicated tasks and recommends equipment and foods that work well for those with conditions such as autism, Down's syndrome and other learning difficulties. The recipes use a standard format with repetitive elements that help reinforce basic cooking skills. The meals are designed to be healthy and — although they require a helper or supervisor — aim to give users some sense of independence in the kitchen.

Watch the video below to learn more about the project:

Those signing up for the magazine will pay around USD 20 to 25 for a yearly subscription and will receive new recipes every month. The magazine is currently seeking funding through Kickstarter, and the campaign will run until 28 August. Are there other instructional apps or websites that could be designed for the less able?

Kickstarter: www.kck.st/U9IiuX

Website: www.lookcookandeat.com

Contact: <http://www.maindishmedia.com/contact.php>