

Older Adult Lab

One-Bowl Chocolate Cake

Assignment: To simulate individually, what it is like to being an older adult and the struggles they face every day. Each person within the unit group will individually complete the first three steps at the start of class (prior to cooking) and will continue with them throughout the hour. After completing these steps, you will follow and complete the recipe as given. ***Do not remove any of the items from your body until the end of the hour or you will earn a 0 for the day or unless teacher indicates otherwise!*** Write a one-page paper about today's experience preparing and eating the chocolate cake as an older adult. It will be due at the start of next class. _____

- 1. With approximately two-7 or 8-inch pieces of masking or duct tape, tape three knuckles on each hand tightly together. (dexterity)***
- 2. Each person takes one cotton ball and cuts it into two pieces. Stick each of the halves into a separate ear. (hearing)***
- 3. Take a pair of reading glasses and rub a very thin layer of Vaseline on the inside of the lens or if you prefer get a piece of colored cellophane and tape it across your eyes top and bottom and each side making sure it is secure. (vision)***

When the cake is in the oven, get your dishes washed and put away and set the table. I will prepare a typical treat for you to enjoy prior to eating your cake. Begin to work on your paper that is due next time.



One-Bowl Chocolate Cake

**1 1/2 cup flour
1 cup sugar
1/4 cup baking cocoa
1 tsp. baking soda
1/2 tsp. baking powder
1/4 tsp. salt
1/2 cup vegetable oil
1/2 cup buttermilk
1 egg
1/2 cup hot water**

In a large bowl, combine dry ingredients. Stir in oil, buttermilk and egg. Add water and stir until combined. Pour into a greased and floured 9-inch round or square pan. Bake at 350° for 25 to 30 minutes or until a toothpick inserted near the center comes out clean. Cool completely. Frost, if desired.

Butter Cream Frosting

**3 tbs. softened butter or margarine (not melted)
2 - 2 1/4 cups (about) powdered sugar
about 2 tbs. evaporated milk or milk
3/4 tsp. vanilla
dash salt**

optional: add 2 to 3 tbs. cocoa to powdered sugar to make chocolate frosting, or to taste.

Cream butter; gradually add about half the sugar, blending well. Beat in 1 tbs. milk and vanilla. Gradually, blend in remaining sugar. Add enough milk to make a spreading consistency. Frosts one 9-inch cake.