Teaching learners with developmental disabilities and available resources
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Common developmental or intellectual disabilities may include learning disabilities, attention deficit disorder, hyperactivity, autism spectrum disorders, and sensory processing disorders. You will find background info on this topic as well as resources. In my search I found resources for those with visual impairments and included them as well.

Increasing the effectiveness of nutrition educators in meeting the needs of individuals with developmental disabilities (2012)
Learn about a professional development program focusing on common developmental disabilities, their implications for nutrition education and effective teaching strategies with an emphasis on the use of visual supports.
https://ncsu.edu/ffci/publications/2012/v17-n1-2012-spring/brill-morgan.php

Teaching the Special Needs Learner: When Words Are Not Enough (2011)
Using visual supports for those with developmental disabilities and technology available to support their use. Examples include a Bingo board game and recipe instructions.

Abstract describing a program for developmentally disabled adults and staff designed to teach food preparation skills. Universal Design engages learners with different learning styles and minimizes barriers to learning.
http://www.jneb.org/article/S1499-4046(12)00158-3/abstract

The Effectiveness of an Adapted SNAP-Ed (Supplemental Nutrition Assistance Program) Curriculum for Adults with Intellectual or Developmental Disabilities (2012)
Master's thesis documenting the adaptation and effectiveness of a nutrition curriculum for adults w/intellectual and developmental disabilities. (100 pages)
http://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1152&context=gradreports

Look Cook and Eat - A digital how-to cooking magazine designed for people with intellectual disabilities (6 issues for $30/year, 9 menus in each issue)
https://lookcookandeat.com/

Background, resources for those with visual impairments
Cooking and Eating for Those w/Low Vision
Developed by a team from North Dakota State Extension Service, the lesson plan is intended for adults with low vision or those who assist them and includes low vision food prep tips and strategies when eating out.
https://www.ag.ndsu.edu/vision/presentations/CookingandEatingLESSON.pdf
Videos and other resources for those with visual impairments
Developed by a cook with a visual impairment, this husband and wife team developed this website and populated it with background info, food prep videos, chef tips and equipment for those who want to continue to cook.  http://www.lowvisionchef.com/video.html