



WELCOME TO

My Tech for All

Technology Training

Cooking Tips & Recipes Online

Welcome to **My Tech for All Technology** **Training** **We'll get started in a moment,** **but first,**



Use chat to answer this question

Where do you get recipes for cooking?





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Technology Training

Cooking Tips & Recipes Online

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Georgia Council on Developmental Disabilities

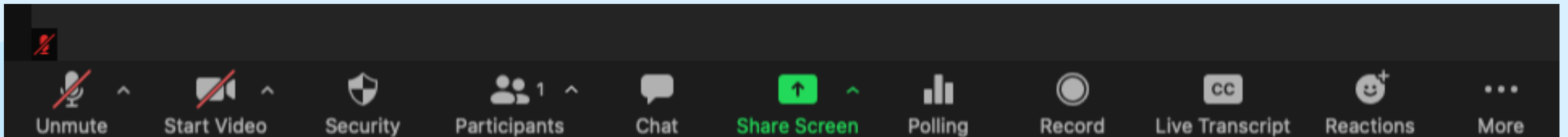


Closed Captioning is Provided

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Tech Host Agencies

Classrooms

Rename Yourself by putting agency name at the end.

Davis Service Center, John Smith

Wayne Service Center
Pineland
Floyde

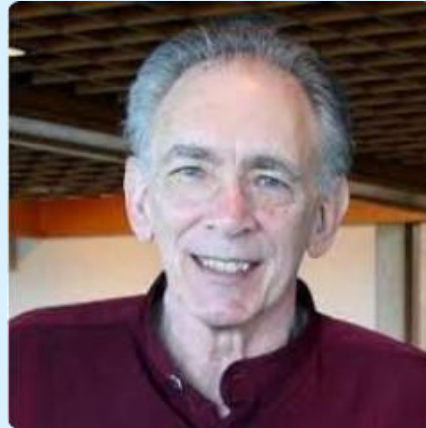
Training Team



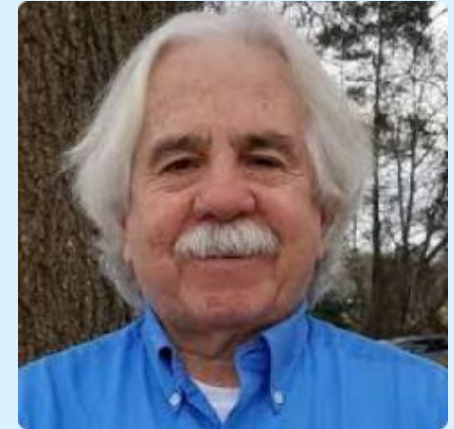
David Taylor



Sandra Wilcox



David Wetherow



Mark Friedman

My Tech for All

Upcoming Technology Trainings

First Thursday of each month
10am-11:30am ET

👉 **May 1, 2025: Smart Homes**



My Tech for All

Technology Training

Cooking Tips & Recipes Online



Goals for today



- ☑ Identify websites and apps that provide cooking and recipes
- ☑ Use the internet to find healthy recipes
- ☑ Find and learn new ways to cook



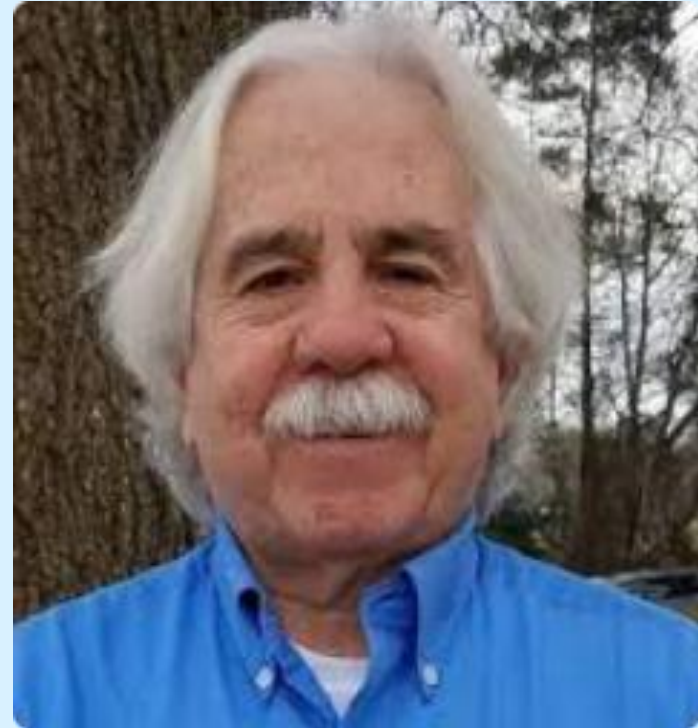
Poll

**Who does the
cooking in your
home?**

Learning to Cook & Cooking Tips



David Taylor



Mark Friedman

Learning to Cook



**Learning to cook is fun
and easy**



**You can also buy food
already prepared to cook**

Help with Special Diets



**Special diets keep our
bodies healthy**



**Tech apps make special
diet cooking much simpler**









Take Action

Things You Can Do To Take Action:

Actions you can take include:

1. Search for free cooking classes on the Internet
2. Use adaptive cooking tools
3. Plan a simple cooking party to share favorite recipes

https://www.youtube.com/shorts/RrT4N79K_H8





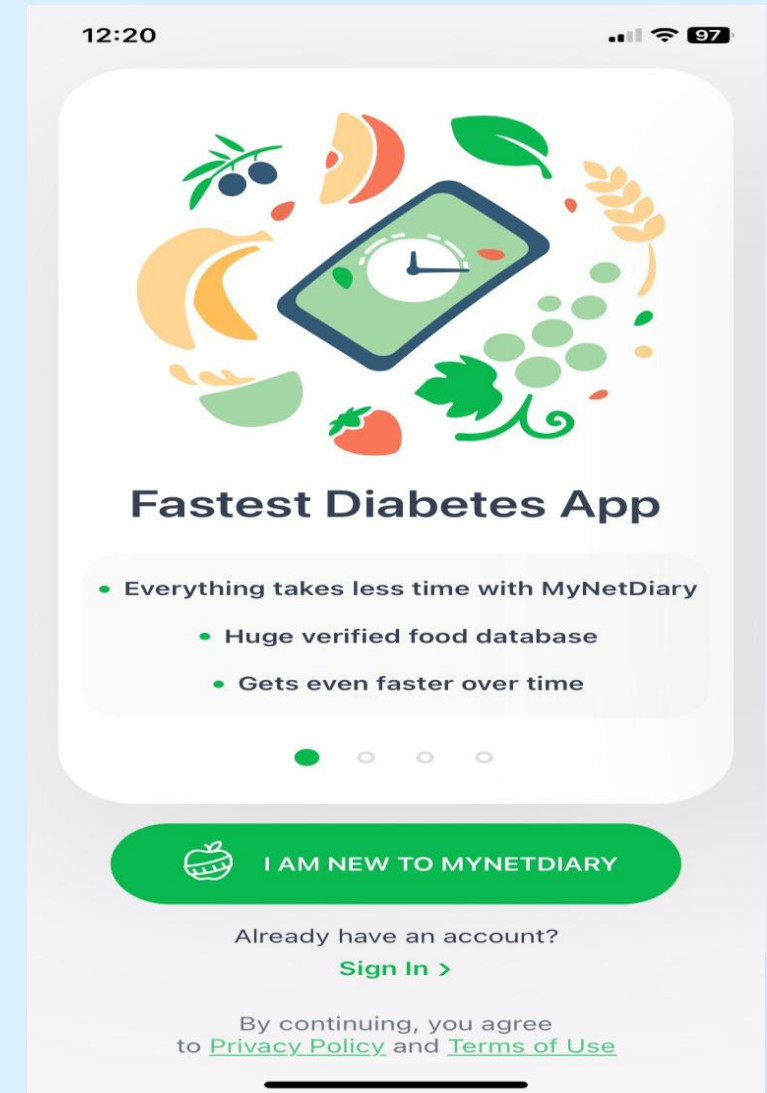
You can put them as a variety of
utensils to make them easier to
hold or use.

Take Action

Things You Can Do To Take Action:

Actions you can take include:

1. Search the app store for an app that is about your special diet
2. Learn new healthy ways to cook your favorite foods
3. Get a wearable device to track your health
4. Get regular check-ups to make sure you are on track



Air Fryer



Sandra

Air Fryer



David Taylor



Recipes Galore!



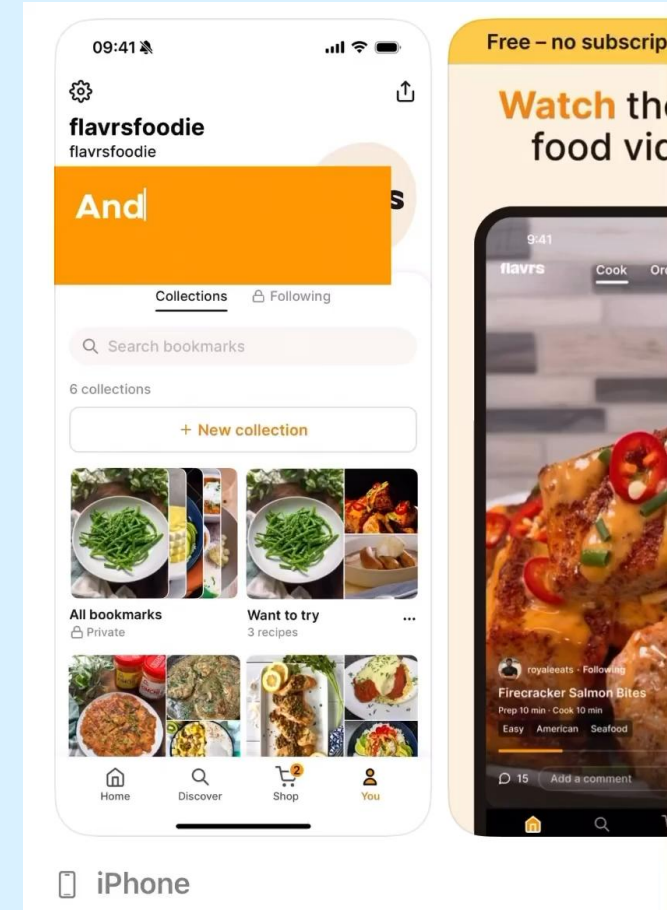
**Recipes used to be
handed down in families**



**Now you can find almost
any recipe on the internet**

This is a free healthy eating app

- There are many in the Apple and Android app stores.
- Most allow you to make choices based on your food preferences and healthy eating goals.
- They offer free recipes, 'how-to' videos, and nutrition information.
- Many will create shopping lists based on your recipe choices.



Food and Nutrition Apps



www.justtherecipe.com/



www.myrecipebox.app/en/



www.sidechef.com/



mealime

MEAL PLANNING MADE EASY

www.mealime.com/



SuperCook www.supercook.me



<https://tasty.co/>

Take Action

More Things You Can Do To Take Action:

Actions you can take include:

1. Search for recipes on the Internet
2. Download a cooking app
3. Scan the recipes in your family recipe box
4. Watch YouTube videos about new ways to cook



Cooking with Tech



**Technology helps
cooks prepare and
cook with ease**



**Cooking tech helps
promote safety and fun**

https://www.foodnetwork.com/recipes

Tracking flyers/hando... Clickup 601-1: 601-2: CUNY Email ChatGPT Generative AI Usage S... Homepage - DSAB 60...

50 Easy Dinner Recipes Everyone Will Love



FEATURED COLLECTION

50 Easy Dinner Recipes Everyone Will Love

From kid-friendly pastas to classic roast chicken, these no-fuss recipes will put a crowd-pleasing dinner on the table in less than an hour.

What's Trending



Winter Weeknight Dinners



Comforting Casseroles



Great Ground Beef Recipes

com/recipes/photos/easy-dinner-recipes

<https://www.foodnetwork.com/recipes>

Hot Thai Kitchen

SUBSCRIBE

☰

All Recipes & Videos by Category

Browse recipes, tutorials, and Thailand videos with these categories, or use the search bar to look for a specific dish!

Search recipes... **SEARCH**

Popular Categories



Popular Classics



Thai Street Food



Quick Meals



Healthy Meals



Sawaddee ka!

I'm Pai, a chef, author, and YouTuber. I'm here to demystify Thai cuisine and help you cook great Thai food at home. Want to learn more about me?

Here's my story →

*  **SABAI**

<https://hot-thai-kitchen.com/all-recipes-by-categories/>

Smart Microwave



TOSHIBA

10:00

Smart Sensor & Presets

POPCORN REHEAT POTATO

WEIGHT DEFROST POWER LEVEL TIME DEFROST

Express Cooking 1 - 6min

1	2	3
4	5	6
7	8	9

Kitchen Timer 0 Cook Time Clock
On/Off

eco
00
STOP/CANCEL

Wi-Fi

START/30SEC.





Take Action

Things You Can Do To Cook Safely:

Actions you can take include:

1. Make sure your cooking surface and hands are clean
2. Make sure you have a fire extinguisher that is rated for kitchen fires
3. Remember to set a timer for best results
4. Switch to induction stovetop and pans



Things to Think About

Cooking is healthy and fun!

Cooking meals can be fun and healthy! Technology and apps are great tools for improving your eating habits.

Apps and YouTube videos can offer advice and directions on how best to prepare tasty and healthy food.

Don't be afraid to experiment. Try old family recipes or new ones! Invite your friends over for a tasting party to share your best dish!



Induction Stove Top



Induction Cookstove



Break Out Room Session

(10 min)

- ➡ What apps or programs have you used for cooking?
- ➡ If you haven't tried one yet, what apps or programs would you like to try for cooking?



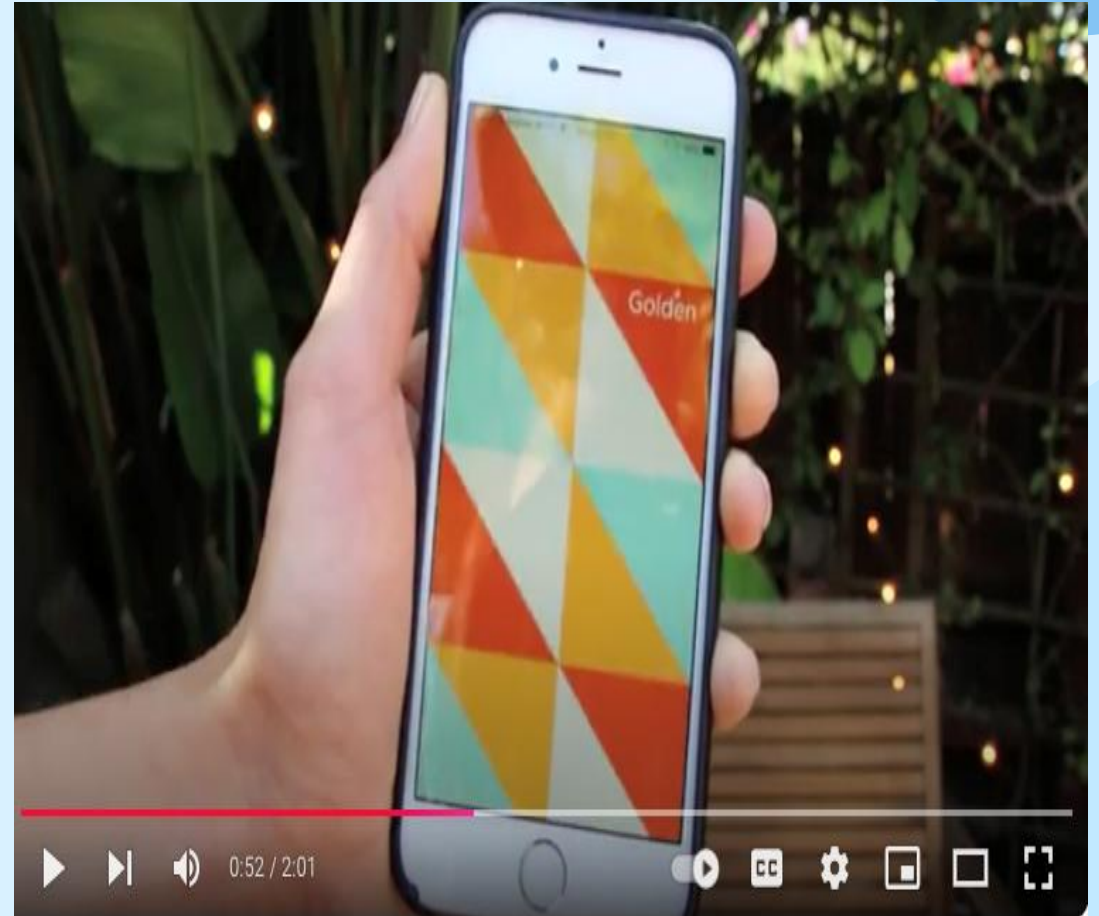
WELCOME!
BACK





REPORTING TEAM

Devices & Apps of the Week



**Device of
the Week:
induction
Stove Top**



Induction Stove Top





2001



January 2001





The Homework Assignment For This Coming Week

**Find a recipe
on one of the
cooking
websites**



MY TECH FOR ALL TECHNOLOGY TRAINING

Cooking Tips and Recipes Online

Cooking apps are a tool for improving eating habits. They provide access to recipes, meal planning, and personalized help.

How Cooking Apps Can Help You Eat Better:

- ✓ • **Easy Recipes:** Cooking apps give you simple, healthy recipes that match your dietary needs.
- ✓ • **Personalized Advice:** Some apps suggest meals based on your dietary preferences and health goals.
- ✓ • **Step-by-Step Help:** Many apps have videos and clear instructions to guide you through cooking.
- ✓ • **Track Your Portions:** Cooking apps can help you control portion sizes and count calories.
- ✓ • **Try New Things:** These apps introduce you to new ingredients, ways to cook, and make healthy eating fun.



Nutrition Apps for Healthy Recipes



www.justtherecipe.com/



www.myrecipebox.app/en/



www.sidechef.com/



www.mealime.com/



www.supercook.me



<https://tasty.co/>



www.mytechforall.com

This project is funded under a Grant Contract with the State of Tennessee,
Department of Disability and Aging.

See the full schedule at:

www.facebook.com/mytechforall

webpage: www.mytechforall.com

For more information:

email: ✉

mytechforall99@gmail.com

Next Week



My Tech for All

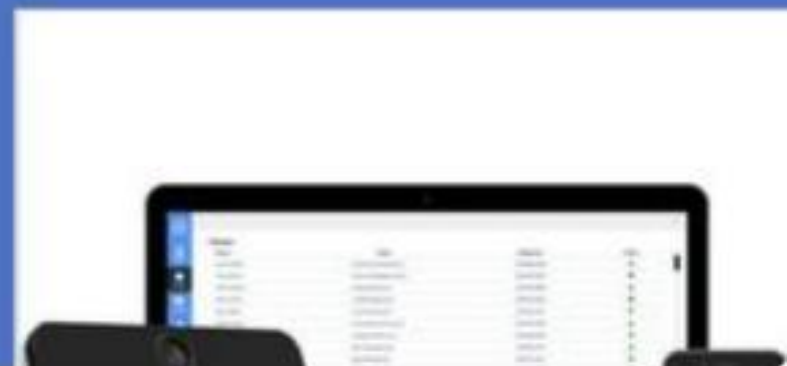
Upcoming Technology Trainings



5/1/2025

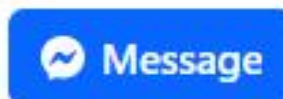
Smart Homes



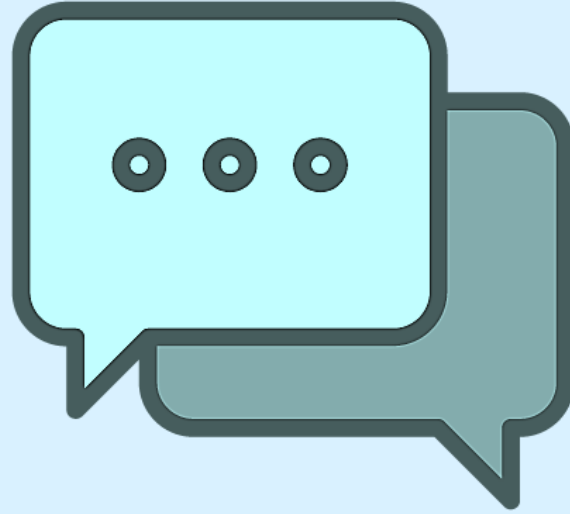


MyTechForAll

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Post a few words
about what you
learned today.
Type in the Chat Box

Satisfaction Survey



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www.flaticon.com





Next Steps