



Using Constant Time Delay Life Skills to Teach Making Dessert Drinks

Objective: To teach students to make eggnog and a chocolate milkshake

Setting and Materials:

Settings: High school self-contained classroom

Materials:

Eggnog

- Quart of milk
- Carton of eggs
- Sugar
- Vanilla
- Nutmeg
- Mixing Bowl
- 1 cup measuring cup
- 1 tablespoon
- ¼ teaspoon
- Eggbeater
- 2 glasses

Milkshake

- Quart of milk
- Chocolate syrup in squeeze bottle
- Salt
- 1 cup measuring cup
- ¼ cup measuring cup
- Dish rag
- Jar and top

Content Taught

Each student was taught to prepare eggnog and a chocolate milkshake.

Making Eggnog:

1. Open egg carton
2. Remove one egg, crack into bowl, throw shells in trash
3. Choose egg carton
4. Open sugar container
5. Measure 2 tablespoons sugar, place in bowl

6. Close sugar container
7. Beat mixture with egg beater, place beater on rag
8. Open milk
9. Measure 1 cup milk, pour in bowl
10. Close milk
11. Open vanilla
12. Measure $\frac{1}{4}$ teaspoon vanilla, pour in bowl
13. Close vanilla
14. Mix with egg beater, place eggbeater on rag
15. Pour mixture into two glasses
16. Open nutmeg
17. Sprinkle nutmeg on top of eggnog in two glasses
18. Close nutmeg

Making a milkshake:

1. Get jar, place on table
2. Get measuring cups, place on table
3. Get rag, place on table
4. Get salt, place on table
5. Get chocolate sauce and milk, place on table
6. Get glasses
7. Open jar
8. Open chocolate sauce
9. Measure $\frac{1}{4}$ cup chocolate sauce, pour in jar
10. Close chocolate sauce
11. Wipe off top of chocolate sauce with rag
12. Open milk
13. Measure 2 cups of milk, pour in jar
14. Close milk
15. Open salt
16. Pour salt in hand, get one pinch of salt, put in jar
17. Throw rest of salt in trash
18. Close salt
19. Close jar
20. Shake jar vigorously
21. Open jar
22. Pour mixture into two glasses
23. Pick up rag, jar, top, measuring cups; place in sink
24. Place salt on shelf
25. Pick up chocolate sauce, milk; place in refrigerator

Teaching Procedures

Each instructional session involves instruction on one task presented in a total task sequence using a five second constant time delay

- The initial session is conducted using a 0-s delay and is continued until student receives 100% correct prompted responses.
- The teacher arranges the materials for the task and asks, “Are you ready?”
- She then models the step of the task analysis while verbally describing the step.
- All subsequent sessions are conducted using a 5-s delay.
- The teacher arranges the materials for the task and asks, “Are you ready?”
- Once student confirms they are ready, teacher provides task instruction (e.g., clean the sink).
- She then waits 5-s for student to respond then provides prompt for step one.
- Once student completes the step, the teacher provides positive reinforcement (e.g., good job, keep going).
- This process continues through all steps of the task analysis.

Evaluation

Gather the number of correct and incorrect responses on each step of the task analyses.

Lesson Plan Based on:

Wolery, M., Ault, M. J., Gast, D. L., Doyle, P. M., & Griffen, A. K. (1991). Teaching chained tasks in dyads: Acquisition of target and observational behaviors. *The Journal of Special Education, 25*, 198-220.

This Lesson Plan Starter was developed by The National Technical Assistance Center on Transition (NTACT), Charlotte, NC, funded by Cooperative Agreement Number H326E140004 with the U.S. Department of Education, Office of Special Education and Rehabilitative Services (OSERS). This document has been reviewed and approved by the OSERS. Opinions expressed herein do not necessarily reflect the position or policy of the U.S. Department of Education nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Department of Education. OSEP Project Officer: Dr. Selete Avoke. RSA Project Officer: Kristen Rhinehart-Fernandez. This product is public domain. Authorization to reproduce it in whole or in part is granted. While permission to reprint this publication is not necessary, the citation should be: National Technical Assistance Center on Transition (2018). *Constant Time Delay Life Skills Lesson Making Dessert Drinks*

