

Cooking Mama

Cooking Mama is a simple game requiring the player to follow instructions to make a meal, using the remote to chop, slice, grate and stir along with a whole host of other cooking orientated actions.

There are two main ways of using this game within therapy. Firstly by taking advantage of the movements that the player has to make to perform the cooking tasks. These can be chosen by selecting a recipe to make then choosing the practice practice option. The practice option means you can repeat the stages of the recipe to work on improving techniques or movements.

The second way to use the game is to follow a recipe from start to finish. You only get one go at each stage and the skills required to complete each stage vary within the recipe.

The first handful of recipes are listed below, along with how many steps are involved and the number of easy and hard steps within them. The **bold** tags next to the name of the dish link with the information within the table to make finding appropriate tasks easy to find when in practice mode.

For more information regarding the game please click [here](#).

Below you will find an outline of the parts of the game that have been found accessible within physiotherapy sessions, you will also find indications of the level of activity or function required to play the game successfully. Easily accessible games are given 5 stars, more difficult games less.

Multiplayer	No - 1 player at a time.
WiiMote Buttons	Yes - A and B mostly
Nunchuk	No
Movement	Good variety of upper limb movements and ways to hold the wiimote.
Motivational Tool	Not really
Skill Development	Sequencing, cooking skills, dexterity.
WiFi option	No
No. of Mini Games	Multiple recipes containing many different ways to use Wiimote
Therapy Friendly	Yes

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List of Recipes and breakdown of steps

- (MS)** Minestrone - 6 steps 4 easy 2 hard
(BIWS) Beef In Wine Sauce - 8 steps 4 easy 4 hard
(P) Custard Pudding - 6 steps 3 easy 3 hard
(M) Mochi - 6 steps 5 easy 1 hard
(SE) Scrambled Eggs - 5 steps 2 easy 3 hard
(SICS) Shrimp in Chili Sauce - 7 steps 3 easy 4 hard
(P-ki) Piroshki - 10 steps 6 easy 4 hard
 Popcorn (AVOID) - 2 steps Both Hard
(SISI) Spaghetti in Squid Ink -10 steps 5easy 5hard
(B-r) Hamburger - 11 steps 7 easy 4 hard
(HD) Hot Dog - 3 steps 3 easy
(P-a) Paella - 8 steps 4 easy 4 hard

GAMES THAT REQUIRE USER TO: POINT & MOVE

Wii Remote ONLY

SUB GAME	TYPE	EASE (out of 5stars)	Additional Info
Opening Can	MS, SE	★★★★★	Hold wiimote upright and twist wrist forward & back
Peeling	MS	★★★★★	Line up screen hand with veg and perform a downwards mvt
Finely Chopping Veg	MS, SICS, P-ki	★★★★★	Chopping movement following cursor
Cut	MS	★★★★★	Cutting movement following cursor
Stir Fry	MS, SISC, BIWS, SISI, P-a	★★★★★	Fwd & Bkwd movement to shake food in pan when not adding ingredients
Cut into Small pieces	BIWS, SISI, P-a, B-r	★★★★★	L & R mvts followed by Up & Down
Mince	BIWS, SISI, P-a	★★★★★	Chopping Veg
Sprinkle	BIWS	★★★★★	Move wiimote L & R slowly
Try to Mix/Wash	P, M	★★★★★	Wiimote pointing down and stir
Put it in the Sink	P	★★★★★	Pro/Supinate wrist
Remove Carefully	P	★★★★★	Gently shake WiiMote
Add Water	M	★★★★★	Tilt Fwds & Back
Pound the Mochi	M	★★★★★	Hitting motion with wiimote at the right time
Grate	M, SISC, B-r	★★★★★	Hold upright, move L&R then Tap
Make Mochi	M	★★★★★	Up/Down mvt, stir motion, rolling & L&R slowly
Tear Lettuce	SICS, B-r	★★★★★	Sideways mvt L to R to L
Kneading	P-ki, SISI, B-r	★★★★★	L & R mvts followed by circular mvts
Stretch the dough	P-ki, SISI	★★★★★	Requires 2 hands to hold & roll like with rolling pin
Make minced meat	P-ki, B-r	★★★★★	Turning a handle around as quickly as possible
Make some pasta	SISI	★★★★★	Up & down movement plus timing
Drain pasta	SISI	★★★★★	Need 2 hands, tip sideways
Spread the butter	BIWS, SE, B-r	★★★★★	Movement to cover frying pan with fat

GAMES THAT REQUIRE USER TO: POINT & MOVE & PRESS A or B BUTTONS

Wii Remote ONLY

SUB GAME	TYPE	EASE (out of 5stars)	Additional Info
Cracking an egg	P, SE, SISI, B-r	★★★★★	Tap at a certain speed then press A
Add Ingredients	BIWS, P, SE, SISI, B-r	★★★★★	Press B then turn to tip bowl or salt
Bake in the Oven	P	★★★★★	Difficult Press button & change oven temp by turning at the right time.
Boil/steam the Rice	M	★★★★★	Press A and turn
Cook an egg	SE	★★★★★	Press B then Stir motion then B etc
Prepare food	SICS, SISI, P-a	★★★★★	B plus movements
Shape	P-ki,	★★★★★	Press B plus circular mvts
Make Hamburger	B-r	★★★★★	Press B plus L & R
Grill	B-r	★★★★★	B plus forward & back
Choose freely	B-r	★★★★★	Control Mvts + B
Spread the butter	BIWS, SE	★★★★★	Spread the fat around the pan then finish by pressing A
Dip in oil	SICS	★★★★★	Press B, hold and move
Wrap	P-ki	★★★★★	Mvt followed by B
Try to deep fry	P-ki	★★★★★	B plus movement
Steam muscle	P-a	★★★★★	B plus movement

GAMES THAT REQUIRE USER TO: POINT & MOVE & PRESS A and B

Wii Remote Point and press A & B

SUB GAME	TYPE	EASE (out of 5stars)	Additional Info
Stew	MS	★★★★★	Quite Complex & difficult
Stir Fry	MS	★★★★★	Timing needed to press A when putting ingredients into pan

GAMES THAT REQUIRE USER TO: POINT & MOVE & PRESS MULTI BUTTONS

Wii Remote ONLY

SUB GAME	TYPE	EASE (out of 5stars)	Additional Info
Make some Paella	P-a	★★★★★	Cursor, A & B buttons plus movement



Cooking Mama is, for want of a better way of describing it, a cooking simulator, where the player follows on screen instructions to create a dish of food from around the world.

The movements required to play the game mimic the movements required (as close as able) when performing cooking tasks such as stirring, cracking an egg, frying and chopping (to name a few). It is a good program with educational links if working with children or people developing life skills.