

Appendix: Understanding the Daily Living and Mobility Activities

Daily Living Activity 1: Preparing food

Descriptors	Points
a. Can prepare and cook a simple meal unaided.	0
b. Needs to use an aid or appliance to be able to either prepare or cook a simple meal.	2
c. Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave.	2
d. Needs prompting to be able to either prepare or cook a simple meal.	2
e. Needs supervision or assistance to either prepare or cook a simple meal.	4
f. Cannot prepare and cook food.	8

Legislative Definitions:

“Cook” means heat food at or above waist height.

“Prepare”, in the context of food, means make food ready for cooking or eating.

“Simple meal” means a cooked one-course meal for one using fresh ingredients.

Select Case Law

- [LC v SSWP \[2016\] UKUT 150](#) – Interpretation of simple meal refers to *fresh ingredients* therefore heating pre-prepared or microwaving ready-made meals is not included. Endorsed in [DfC-v- PMcC \(PIP\) \[2019\] NICom 11](#)
- [EG v SSWP \[2015\] UKUT 275](#) – Perching stool is an aid if unable to stand to prepare and a walking stick might also be considered. See also [KH v DfC \(PIP\) \[2019\] NICom 12](#)
- [GB v SSWP \[2015\] UKUT 546](#) - Lever taps are an aid to preparing a simple meal. So, if an aid is required to prepare but not to cook, points will still be scored.

- [SC v SSWP \[2017\] 317 UKUT \(ACC\)](#) - The test is a person's physical and mental capacity to cook, whether or not they actually do so. See also [EH-v-DfC \(PIP\) \[2018\] NICom 55](#)
- [SSWP v KJ \[2017\] UKUT 358 \(AAC\)](#) – Dietary Requirements are not relevant.
- [\[2018\] AACR 1](#) – The nature of the main meal must be objectively the same for all claimants without the need to consider cultural, religious or ethnic differences.
- [DR v SSWP \[2018\] UKUT 209](#) – The claimant is unlikely to require a perching stool unless they are unable to stand safely for more than a few minutes when preparing and cooking the meal.
- [DB-v-DfC \(PIP\) \[2018\] NICom 40](#) – It is the time spent in active involvement not the time for the meal to be ready which is relevant to the ability to complete the activity.
- [DfC-v- PMcC \(PIP\) \[2019\] NICom 11](#) - In order to make a simple meal, or food generally, a claimant must be able to both *prepare* and *cook*. If a claimant is unable to carry out either one of the two stages with the assistance of an aid/appliance; prompting; supervision or assistance, then 1(f) is satisfied.
- [JMCG-v-DfC \(PIP\) \[2019\] NICom77](#) - Does not include any preliminary activity such as shopping, storing food, gathering food or using common kitchen utensils for cooking.
- [MP v SSWP \[2025\] UKUT 240 \(AAC\)](#) – Ability to mobilise around kitchen irrelevant.