

Let's show your parents what you can do

Parents/Carers

Through cooking - your child is learning to gain lots of different skills to support becoming more independent like: kitchen safety, maths (Measuring/temperature), reading of ingredients and methods, correct sequencing, plus hygiene.

Cooking a simple snack/meal

Prepare a simple lunch time meal, like cheese on toast, beans on toast, egg on toast, pitta pizzas or sandwiches.

Using different types of kitchen equipment. Show your parents/carers how to use while keeping yourself safe.

Baking skills

Make some mini quiches.

Remember the method?

1. Use a muffin/cake tin
2. In a bowl - mix together with your eggs, bacon, cheese, peppers, tomatoes or whatever you have in the fridge you like.
3. Put the mixed ingredients into the tin and place in an oven 150' degrees until cooked - about 15/20 minutes

Mini cookies

200g butter

110g caster sugar

275g plain flour

Mix all ingredients together - add flavourings, chocolate if you want.

Cook 180' degrees - 20 minutes

Make sure you clean your hands before you start.

Remember to always keep your work station clean.

Remember to take picture of whatever you have cooked, we can display them when we go back to school.

<https://www.bbcgoodfood.com/> is a very good site to look on for simple, doable recipes

Participating in self and home care

Parents/Carers - With personal care and home care, your child learns the importance of their own personal hygiene and the implication of not adhering to this. (infections/personal smells, etc)

With home care, they are learning to look after their environment and support the people they live with.

Attending to personal hygiene daily will support your personal wellbeing, you will feel better, if you get up, dressed and make yourself look even more beautiful/handsome.

If your bedroom is kept clean and tidy it will support your parents/carers and again will make you feel much happier.

Daily: complete your personal care activities we have looked at eg. teeth brushing, hair styling, face washing, hand washing, shaving (with support) - this will support how you are feeling

Support your parent/carers with different home care activities eg. washing or drying up, loading the dishwasher, washing some clothes, vacuuming, dust, change your bedding regularly, make your bed when you get up in the mornings.

Maybe do some gardening like weeding and sweeping.

Remember to take picture of the different things you are doing to support the people around you.

