**Independent life skills**

**Home learning ideas**

**Healthy eating**

* Sensory exploration of fruits/ vegetables and homemade healthy snacks.
* Categorise foods into fruits/ vegetables/ dairy & meats.
* Research healthy eating plate, can you plan a meal that contains all the areas of the healthy eating plate.

**Setting the table-**

\*carry objects for table from side to table without discarding.

\*What do we need to set the table?

\*How many forks for 4 people?

**Plan, prepare & review a simple snack-**

\*choose a simple snack to make, use physical objects/photo’s or written choice to help make a choice

\* make a list of ingredients needed

\*find the ingredients in the cupboard/fridge

\*help prepare / independently prepare snack

\* review- what is nice use physical signs/ or symbols to help review, or write a review yourself and what could you change to make it better next time?

**Food shopping-**

\*Can you write a list for food shopping? This could be written, drawn, or created using symbols.

\* help with the online food shopping, think of what’s needed, search it , add it to basket.

**Home management-**

We do all sorts of home management tasks as part of ILS,

We don’t you try ;

* Hoovering, sweeping & mopping
* Wiping sides
* Cleaning windows
* Using washing machine