

**Long Term Plan
Meal Preparation and Independent Living**

Section 1 of 8	Section 2 of 8	Section 3 of 8
Meal Preparation – Making Breakfast	Meal Preparation – Making a Hot Drink	Meal Preparation – Making a Packed Lunch
<ul style="list-style-type: none"> • When do we eat breakfast? • Why is it important? • What foods do you eat for breakfast? • <i>Make: porridge, cereals, toast, fry ups, different eggs, sausage sandwich, bacon sandwich, hash browns.</i> • <i>Collect ingredients/utensils</i> • <i>Hygiene</i> • <i>Safety – electric, utensils, heat</i> • <i>Tidying up</i> <p><i>All link together</i></p>	<ul style="list-style-type: none"> • Why do we need to drink? • Different drinks • <i>Make different drinks (hot)</i> <ul style="list-style-type: none"> - <i>Hot chocolate</i> - <i>Tea</i> - <i>Coffee</i> - <i>Bovril</i> - <i>Horlicks</i> - <i>Lemon/orange</i> - <i>Different teas (herbal/green)</i> • <i>Safety</i> • <i>Hygiene</i> • <i>Collect things you need</i> • <i>Tidy up</i> • <i>Taking drinks safely to table</i> • <i>Visit coffee shop</i> • <i>Serve drinks in school café</i> <p><i>All link together</i></p>	<ul style="list-style-type: none"> • When do we have lunch? • Healthy/unhealthy lunches • Your ideal lunch • List of things for your ideal lunch • Go shopping to buy planned lunch • How long will it take to make? • When will you need to start? • <i>Make lunch</i> • <i>Hygiene</i> • <i>Collect items</i> • <i>Pack lunch in suitable container or wrap it</i> • <i>Wash up, tidy up</i> • <i>Take your lunch out for a picnic</i> <p><i>All link together</i></p>

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Section 4 of 8	Section 5 of 8	Section 6 of 8
Meal Preparation – Making a Main Meal	Independent Living – Cleaning	Independent Living – Using a Washing Machine and Tumble Dryer
<ul style="list-style-type: none"> • When do we eat our main meals? • What makes a good main meal? • Favourite meals • Make a meal on a plate – art • Food groups • List ingredients to make meal. • Shopping list • Go shopping • How to store ingredients – fridge/ cupboard • Length to cook – see packaging • <i>Make meal (Shepherd’s Pie, Lasagne, Jacket Potato, Cauliflower Cheese)</i> <ul style="list-style-type: none"> - <i>Hygiene</i> - <i>Safety</i> - <i>Preparation – lay table, sort food</i> - <i>Wash up</i> <p><i>All link together</i></p>	<ul style="list-style-type: none"> • Why do we clean? • What do we need to clean? For example, floor, units, bedding. • What do we use for cleaning? List products, sorting. • Polish – What? How? Different dusters? Do. • Kitchen sprays/bathroom/toilet - What? How, Do. Bins. • Glass cleaner – What? How? Do. • Vacuum cleaner – What? How? Do. Safety – plug, water. • Floor cleaners – mop, broom, dustpan and brush, products • Making bed 	<ul style="list-style-type: none"> • Why do we wash our clothes? • How do we wash our clothes? • How did people wash their clothes in the past? • Sorting clothes: <ul style="list-style-type: none"> - Darks/lights/mixed colours - Wool/silk/cotton • Hand washing items • Washing powders – smell, favourite, price • Using the washing machine: <ul style="list-style-type: none"> - Turn on, safety, plug, turn off - Putting cloths in/out • Drying the clothes – ainer/washing line/ tumble dryer (labels, safety time, temperature) • Folding clothes • Put away

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Section 7 of 8	Section 8 of 8	Notes
<p>Independent Living – Ironing</p> <ul style="list-style-type: none"> • Why do we iron? • History of ironing • Visit Leigh Heritage Centre to see old irons • Different irons • SAFETY • Checking clothes labels • Setting up the ironing boards • Temperatures • Ironing clothes • Putting board • Down • Where do you store the board/iron? • Folding clothes 	<p>Project</p> <p>Ideas</p> <ul style="list-style-type: none"> • Diary of chores • Work experience <ul style="list-style-type: none"> - Class laundry/ironing - Price - School café • Visit and use a laundrette <ul style="list-style-type: none"> - Cost - Jobs • Visit hotel <ul style="list-style-type: none"> - Jobs - Cleaning - Beds - Cook • Interviewing school cleaner 	