

Oak Specialist

Independent Living

Unit 4- Community Living

Applying Learning



Unit 4- Community Living

Lesson 1- Knowing which shop to buy from

Identifying a range of high street shops and knowing what they sell.

Lesson 3- Best Value

Comparing same items from different shop including price, quality and quantity.

Lesson 5- People who help us

Identifying emergency services and their roles.

Lesson 2- Putting shopping away

Knowing where to store food in the kitchen and other items.

Lesson 4- Health support in the community

Who can support us with health and where to find help in the community.

Lesson 5- Travel in the community/planning a journey

Following steps to plan a journey and choose the correct mode of transport.



Lesson 3- Shopping for best value



Teacher notes- Lesson 3

Learning objective: To understand what value means and how to identify value according to product quality and size.

1. Learning that value for money means not over-spending. Looking at and identifying the same products being charged at different prices at three different supermarkets.
2. Looking at different sized items for similar prices and identifying best value. E.g. Looking at the cost of 4 pints of milk vs 2 pints of milk.
3. Introducing the idea of paying slightly more for better quality items. E.g. Organic food items and why people might choose to buy organic food.

-Additional resources: pen and paper



Community Living

Shopping for best value

Applying Learning



Lesson Activity Stages

This lesson will be taught in 2 stages:

1. Identify the best value item, looking at the same product from 3 different supermarkets.
2. Learn why different size and quality items are priced differently.





V LIFE 3d+

Hovis Tasty Wholemeal Medium Bread
800g

★★★★★
99p
12.4p per 100g

Add to trolley



Screenshot taken from Morrisons



Hovis Medium Sliced Wholemeal Bread 800g

£1.20 /unit 15p / 100g

Add



Screenshot taken from Sainsbury's



days

Hovis Wholemeal Medium Bread 800G

[Write a review >](#)

[Rest of shelf >](#)

£ 1.00 £0.13/100g

1

Add



Screenshot taken from Tesco



Question-

1. Which Supermarket has the best value for money for their **loaf of bread**?





Morrisons Bananas

5 per pack



Add to trolley



Screenshot taken from Morrisons



Sainsbury's Fairtrade
Bananas x5



Add



Screenshot taken from Sainsbury's



Tesco Ripe Bananas 5
Pack

[Write a review >](#)

[Rest of shelf >](#)

Aldi Price Match



Add



Screenshot taken from Tesco



Question-

1. Which Supermarket has the best value for money for their **bananas**?





V LIFE 7d+

Morrisons Free Range Eggs
Large
6 per pack

★★★★★
90p
15p each

Add to trolley



Screenshot taken from Morrisons



Sainsbury's Woodland Free
Range Large Eggs x6

£1.20/unit 20p / ea

Add



Screenshot taken from Sainsbury's



1+ weeks
Tesco Large Free Range
Eggs 6 Pack

Write a review >

Rest of shelf >

£ 1.00 \$0.17/each

1

Add



Screenshot taken from Tesco



Question-

1. Which Supermarket has the best value for money for their **eggs**?





V LIFE 6d+

Morrisons British Semi Skimmed Milk 4 Pints
2.27L



£1.09

48p per litre

Add to trolley



Sainsbury's British Semi Skimmed Milk 1.13L (2 pint)



80p/unit 70p / ltr

Add



6+ days

Tesco Organic British Semi Skimmed Milk
1.136L, 2 Pint

Write a review >

Rest of shelf >



£ 0.89 £0.78/litre

Add





V LIFE 6d+

Morrisons British Semi Skimmed Milk 4 Pints

2.27L

£1.09

48p per litre

Add to trolley



Sainsbury's British Semi Skimmed Milk 1.136L (2 pint)

80p/unit 70p / ltr

Add



6+ days

Tesco Organic British Semi Skimmed Milk 1.136L, 2 Pint

£ 0.89

£0.78/litre

Add



Screenshot taken from Morrisons



Screenshot taken from Sainsbury's



Screenshot taken from Tesco



Question-

1. Using the information that we have learned during this lesson, **which supermarket do you think is selling the milk for the best value** and why?



Independent Living

Applying Learning

Shopping - Value for Money

Make it easier

- Get a Parent/Carer to help you choose two food items of your own on an online supermarket and look at the different products available.

Make it harder

- Write a weekly shopping list and shop for the best value items, checking the size, quantity and quality.

More ideas

- Look at the difference between organic and non-organic food items.
- Find a recipe and shop online (with parent/carer supervision) for the items you need to create it.



Signposting

Independent Living:

- Building Understanding- Knowing which shop to buy from (Unit 4)
- Building Understanding- What's on the high street (Unit 4)
- Building Understanding- Supermarket shopping (Unit 4)
- Applying Learning- Putting shopping away (Unit 4)

Numeracy:

- Building Understanding/ Applying Learning- Number (Unit 1)

Occupational Therapy:

- Activities of Daily Living (Unit 6)

