

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 2- Putting shopping away



Teacher notes- Lesson 2

Putting shopping away

Learning Intention- To know where different items belong in the kitchen and the home.

1. Identify the different food items and the correct place to store them.
2. Think about different temperatures of items: freezing - warm.
3. Where do we store other items such as cleaning products and toiletries?
4. Complete the 'putting away' challenge.
5. Celebrate work completed.

Additional resources: paper and pen, visual support, shopping items



Community Living

Putting shopping away

Applying Learning

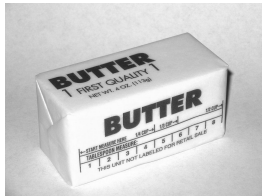
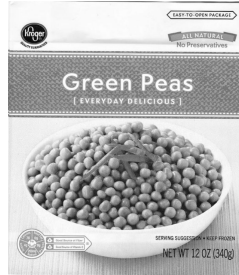
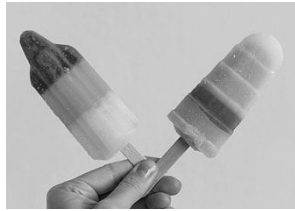


Lesson Stages

1. Different food items and where to put them in the kitchen
2. Video: Temperatures- freezing, cold or warm?
3. Where do toiletries and cleaning products go?
4. Putting the shopping away



Look at these different food items. Where would you store them in the kitchen?



Cupboard

Fridge

Freezer

Fruit bowl



Where do other shopping items go?

Look at the items. Which room in the house do they belong?



shampoo



paint



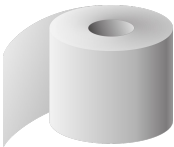
cleaning spray



garden trowel



shower gel



toilet roll



watering can



sponge



bleach

Bathroom

Kitchen

Shed



Putting the shopping away:

1. What can you see?
2. Where does it go?

Fridge

Freezer

Cupboards

Fruit bowl



Putting the shopping away

Task:

After you have been shopping, have a go at putting the shopping away into the correct place- cupboard, fridge or freezer.

Does the food need freezing?

Is it in a tin?

Can it go in a fruit bowl?

?



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Putting shopping away

Make it easier

Label the cupboards, fridge and freezer in the kitchen, with pictures, symbols or words of where certain items belong.

When you unpack the shopping, group the items first before putting them away.

Make it harder

Decide where other shopping items belong, such as clothes, DVDs, books.

More ideas

Role play visiting the shops, buying different items, bringing them home to put away.

Turn the activity into a game by timing each other with a stopwatch: who can put the shopping away the quickest?



Further Learning with Oak National

Independent Living:

- Building Understanding- Shopping in the supermarket (Unit 4)
- Building Understanding- Knowing which shop to buy from (Unit 4)
- Building Understanding- What's on the high street (Unit 4)
- Applying Learning- Best value (Unit 4)
- Applying Learning- Knowing which shop to buy from (Unit 4)

Occupational Therapy:

- Activities of Daily Living (Unit 6)



References

Slide 7- Popsicle decision, Pickpik/ Baked beans, Needpix/ Dairy Crest Semi Skimmed Milk Bottle, Unisouth, Wikimedia Commons/ Frozen prawns, Pxhere/ RECALLED - Frozen Green Peas, The U.S. Food and Drug Administration, Flickr Attribution 2.0 Generic (CC BY 2.0) / Bananas, Pixabay/ Western-pack-butter, Steve Karg, Wikimedia Commons/ Bread, Wallpaper Flare/ Apples, Pxhere/ Pasta packet, Pxfuel

Slide 10- Shampoo, Pixabay/ Paint pot, Pixabay/ Cleaning spray, Wallpaper Flare/ Steel trowel, Qurren, Wikimedia Commons/ NIVEA SHOWER GEL 250ML HAPPY TIME, Toiletries & Cosmetics Wholesaler, Flickr Attribution 2.0 Generic (CC BY 2.0)/ Toilet roll, Pixabay/ Watering can, Pixabay/ Cleaning sponge, Pixabay/ Kitchen bleach, Mk2010, Wikimedia Commons

