

Oak Specialist

Independent Living

Daily Living Skills

Lesson 4 - Using equipment in the kitchen

Building Understanding



Unit 3- Daily Living Skills

Lesson 1- Creating a visual schedule

How to make and follow a visual schedule for daily activities.

Lesson 3- Recycling

Sorting recycling items into different categories.

Lesson 5- Following a simple recipe

Following simple steps to make a cheese sandwich.

Lesson 2- Getting dressed

Breaking down the steps of the sequence and creating opportunities for independence.

Lesson 4- Using equipment in the kitchen

Labelling kitchen equipment and learning what food to use them with.

Lesson 6- Daily meals

Choosing food items and matching them to a meal time.



Teacher notes- Using equipment in the kitchen

Learning Intention: To identify equipment used in the kitchen and what food to use it with.

1. Collect each of the five pieces of kitchen equipment.
2. Introduce each item individually using the images. Match real items to images.
3. Match word labels to the images. Check expressive understanding.
4. Choose the correct food that you use the equipment with.
5. Locate and use the equipment in context in the kitchen.

Resources- colander, sieve, peeler, grater, tin opener, pizza slicer



Safety notice

This lessons involves use of sharp objects. Please ensure the learner is supervised by an adult when handling these objects and that sharp objects are handled with care.



Lesson Activity Stages

1. Find equipment
2. Label equipment
3. Match equipment
4. Game



Instructions

Collect each item and put all of them on the table together.*

Show each slide that has a copy of the item and label the item.

Ask your learner to match the image to the real item from the group on the table.

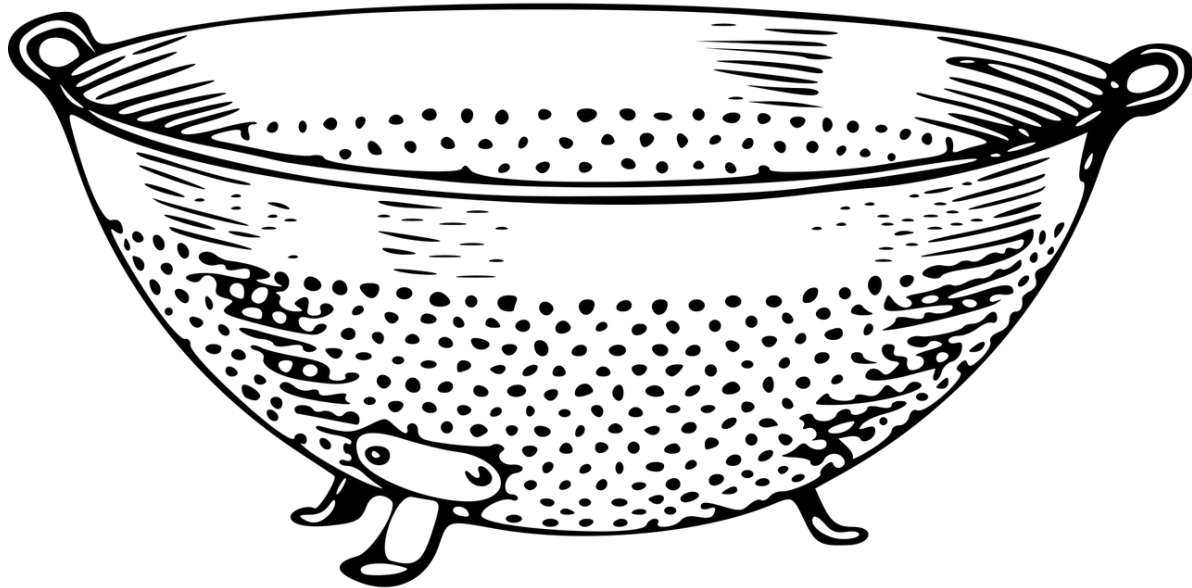
E.g.: This is a colander.

Where is the colander?

*You could put just two items out to choose from or you could put all the items out.



Colander



Sieve

Ask your learner to match the image to the real item from the group on the table.



Peeler



Grater



Tin opener



Pizza cutter

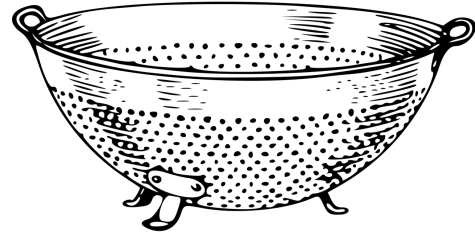


Can you label these?

Colander

Pizza slicer

Peeler



Can you label these?

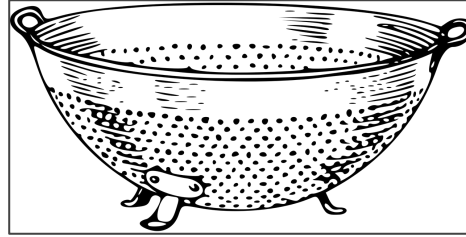
Tin opener

Grater

Sieve



What do we use a colander for?



Beans?

Spaghetti?

Milk?



What do we use a grater for?



Cheese?

Bread?

Peas?



What do we use a sieve for?



Courgette?

Flour?

Chilli?



What do we use a pizza slice for?



Rice?

Pizza?

Carrot?



What do we use a peeler for?



Juice?

Aubergine?

Potato?



What do we use a tin opener for?



Pie?

Tomato?

Beans?



Activity

1. Prepare food together with a parent / carer in the kitchen using some of the equipment above.
2. Can you find the correct equipment?
3. Can you find some new equipment?



Independent Living

Daily Living Skills

Using equipment in the kitchen

Make it easier

-Match photos to real life items in the kitchen.

Make it harder

-Follow a recipe with a that uses the equipment above 'can you find the sieve?'.
-Locate other kitchen equipment e.g. scales.

More ideas

-Make a list of the different food items that you can use with each piece of kitchen equipment.



Further Learning with Oak National

Independent Living:

- Building Understanding- Sorting in the kitchen (Unit 1)
- Building Understanding- Following a simple recipe (Unit 3)
- Applying Learning- Preparing a simple meal (Unit 3)

Numeracy:

- Building Understanding/Applying Learning- Shape and sorting (Unit 2)



References

Slide 7- Colander, Pixabay

Slide 8- Sieve, Pixabay

Slide 9- Peeler, Pixabay

Slide 10- Grater, Pixabay

Slide 11- Kitchen-Modern-Can-Opener, Evan-Amos, Wikimedia Commons

Slide 12- Pizza slicer, Pixabay

