

Oak Specialist

Independent Living

Unit 3 - Daily Living Skills

Applying Learning



Unit 3 - Daily Living Skills

Lesson 1- Recycling

Learning about why we recycle and how to do it at home.

Lesson 3- Sending a parcel or email

Learning how to address, stamp and send a letter or parcel, and how to send an email.

Lesson 5- Preparing a Simple Meal

Learning to read a simple recipe to create a simple meal.

Lesson 2- Managing a Routine

Understanding what makes a balanced daily routine.

Lesson 4- Preparing for a Trip

Understanding what to pack for a trip and how it differs depending on the destination.

Lesson 6- Meals for Different Times

Understanding why we eat different meals at different times of the day.



Lesson 6- Meals for different times



Teacher notes- Lesson 6

Learning intention: to understand which foods should be eaten at which time of the day.

1. Identifying the three main meals of the day: thinking about what we eat for breakfast, lunch and dinner.
2. Starting with breakfast, begin learning about the different food groups and why we eat certain types of food at different times of day. E.g. Cereals for slow energy release to keep us going until lunch time.
3. Designing your own plate of food for each meal and labeling the reasons for your choices.

-Additional resources: pen, paper, colouring pencils (optional)



Daily Living Skills

Meals for different times

Applying Learning



Lesson Activity Stages

This lesson will be taught in 3 stages:

1. Identifying the three main meals of the day and the types of food we eat at each time.
2. Understanding why we eat different food at different times of the day.
3. Creating your own breakfast, lunch and dinner.



Why do we eat different meals at different times of the day?



Breakfast



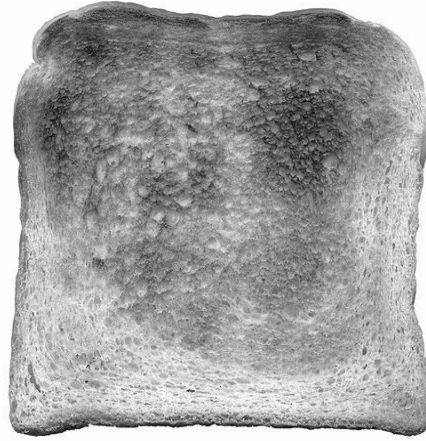
Lunch



Dinner



What types of food are good to eat for breakfast?



Activity 1

1. **Draw a picture** of what you like to eat for breakfast and **label the picture** with the reason for your choice.



What types of food do we eat for lunch?



Activity 2

1. **Draw a picture** of what you like to eat for lunch and **label the picture** and label your picture with the reason for your choices.



What types of food do we eat for dinner?



Activity 3

1. **Draw a picture** of what you like to eat for dinner and **label the picture** with the reason for your choices.



The three main meals of the day!

Breakfast



Lunch



Dinner



Independent Living

Daily Living Skills

Meals for different times

Make it easier

Learn about the different food groups found in one meal and what parts of the body they are good for.

Make it harder

Sort each of the meals into their correct food groups. E.g. pasta would go in the carbohydrates group and meat in the protein group.

More ideas

Have a go at preparing the breakfast, lunch and dinner meals that you designed in this lesson.



Signposting

Independent Living:

- Building Understanding- Meals for different times (Unit 3)
- Applying Learning- Preparing a simple meal (Unit 4)
- Applying Learning- Daily recommendations (Unit 2)
- Applying Learning- Balanced plate of food (Unit 2)

Numeracy:

- Building Understanding/Applying Learning- Time (Unit 4)



References

Slide 7- Dinner, DMCA, pikist / Sandwich, Maximilian Meyer, unisci / Cereal, Foodie Factor, Pexels

Slide 8- Toast, Rainer Z, Wikimedia Commons / Red apple, tanyaforkeba, Flickr Attribution 2.0 Generic (CC BY 2.0)/ Cereal, afdi / Porridge, omisido, Pixabay / Eggs, DMCA, Pxfuel

Slide 10- Sandwich, louise, theofficemagazine / Salad, disqus, lovesalad / Wrap, Ben Sutherland, Flickr Attribution 2.0 Generic (CC BY 2.0)/ Baked potato, rachelray / Pasta, DMCA, Pxfuel / Rice, raymund, angsarap

Slide 12- Meat, DMCA, pxfuel / Fish, pickpik / Vegetables, Canstockphoto / crocus rice, DMCA, Pikist / Pasta, kristinekidd / Potatoes, BBCGoodFood

Slide 14- Sandwich, Brimmond Bistro, Tripadvisor / Breakfast, pickpik / Dinner, DMCA, Pxfuel / Pasta salad, istock, Needpix / Chicken salad, rocharibeiro, Depositphotos / Muesli, DMCA, Pikist

