

Oak Specialist

Independent Living Personal Care

Building Understanding



Unit 2- Personal Care

Lesson 1- Five a day

Making a healthy smoothie using five fruit and vegetables.

Lesson 3- Turn taking

Games and activity suggestions to encourage turn taking.

Lesson 5- Managing emotions

Recognising familiar emotions and identifying strategies to manage these.

Lesson 2- Morning hygiene routine

Identifying morning hygiene activities and creating a routine.

Lesson 4- Fine/gross motor circuit

Activity suggestions to encourage development of fine and gross motor skills.

Lesson 6- How to relax

Activity suggestions to learn how to relax and self regulate.



Lesson 1- Five a day



Teacher notes- Five a day

Learning Intention: To follow instructions to make a smoothie using five portions of fruit and vegetables.

1. Introduce and label familiar fruits and vegetables. Use the real items if you have them. Which do they like/not like/haven't tried?
2. Collect items needed for lesson and write the step by step instructions.
3. Prepare fruit and vegetables (watch video) and follow the written steps to make the smoothie.

Resources: fruit and vegetables, blender, chopping board, knife, cup, water



Safety notice

This lessons involves use of sharp objects and cooking appliances. Please ensure the learner is supervised by an adult when handling these objects and using cooking appliances.



Personal Care

Five a day

Building Understanding



Lesson Activity Stages

- Fruit and vegetables
- Collect items
- Write or draw instructions
- Make a smoothie



Five a day

To stay fit, healthy and strong it is important to eat healthy foods. It is recommended that we eat **five portions of fruit and vegetables a day**. This is called our 'five a day'.

One way to get our 'five a day' is to put the portions of fruit and vegetables into a smoothie to drink.



Fruits



Vegetables



You will need

chopping board

knife

blender

fruit and vegetables

yoghurt (optional)

water and cup



Write the instructions to make a smoothie



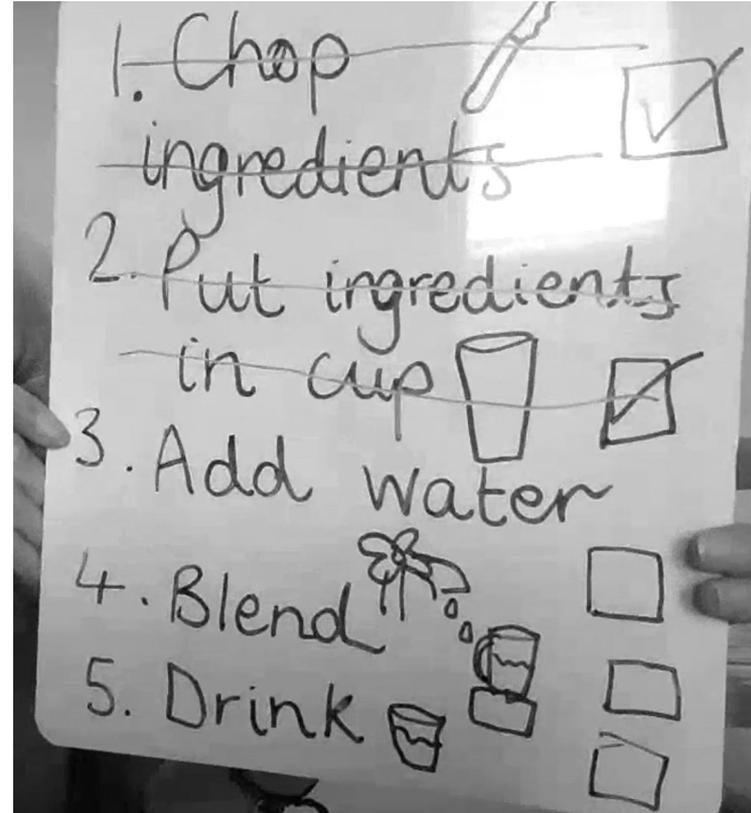
Write or draw the instructions of how to make a smoothie. You could use symbols to support understanding.

Draw a box at the end of each instruction so that your learner can tick it off when the step has finished. Refer to the instructions at each step.

Before you start, collect your equipment and choose and prepare your fruit and vegetables.



Follow the instructions to make a smoothie!



Enjoy your smoothie!



Independent Living

Personal Care

Five a day

Make it easier

- Make a fruit salad if you do not have a blender.
- Chop the fruit/veg and do a taste test.

Make it harder

- Make a weekly smoothie menu to try different combinations.
- Make a smoothie survey to see which your family likes the best.

More ideas

- Freeze the smoothie to make ice lollies!



Further Learning with Oak National

Independent Living:

- Applying Learning- Preparing a simple meal (Unit 4)
- Applying Learning- Balanced plate of food (Unit 2)

Physical Development:

- Keeping fit, healthy and strong (Unit 3)

