

Oak Specialist

# **Independent Living**

## **Unit 1- Home Management**

Building Understanding



# Unit 1- Home Management

## Lesson 1- Cleaning in the home

Recognising common cleaning equipment and where to use it.

## Lesson 3- Sorting in the kitchen

Sorting crockery, cutlery and food items into different categories in the kitchen.

## Lesson 5- Clothes for occasions

Identifying different items of clothing dependent on the occasion or weather.

## Lesson 2- Setting the table

Counting equipment needed and using a visual to set the table.

## Lesson 4- Organising clothes

Sorting clothes by category and folding correctly.

## Lesson 6- Using a washing machine

Following step by step instructions to use a washing machine.



# Lesson 3- Sorting in the kitchen



# Teacher notes- Sorting in the kitchen

Learning Intention: To know where items belong in the kitchen  
To sort crockery, cutlery and food items.

1. Sorting item into categories e.g. plates, forks, cups.
  2. Organising crockery and cutlery. Where do they belong in your kitchen?  
What goes in the drawer and what goes in the cupboard?
  3. Sorting items for fridge/freezer/cupboard. How can you identify which food items go where?
- Additional resources: cutlery, crockery, food items



Home Management

# Sorting in the kitchen

Building Understanding



## Lesson activity stages

1. Sort items
2. Organise items
3. Sort food
4. Organise food



# Items you will need

spoon	bowl
plate	fork
knife	mug



# Can you sort into categories?

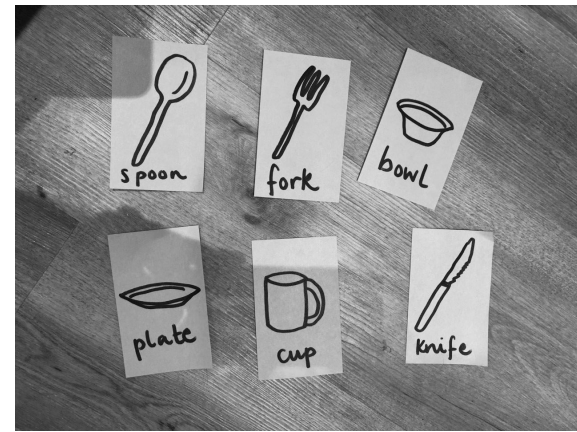


## 1. Collect items

Use symbols or draw clear images of each category. You can start with two and build up to more categories depending on your learners understanding.

Task: sort the items you have collected into each category. Work at a table or on the floor first so that you have enough space. Use the image to support learner's decision making. Using different sized items can encourage thinking skills.

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## 2. Draw images



## 3. Sort items





# Where do the items belong in the kitchen?

Teachers own images



# Where do the items belong in the kitchen?

Now that your learner has sorted the items into categories, transfer the images to the location in your kitchen where the items are kept. You can do this together. This may be behind a cupboard door.

Stick the images on the front of your draws or cupboards. Choose one category e.g. cups and give the instruction to 'put the cups away'. Ask 'where do the cups go?' and encourage independence to find the cupboard/drawer where the cups are kept. You may need to work together to do the first category together.

Do the same to put the rest of your items away. Reduce your support over time so your learner gets the opportunity to build their independence skills and use the images to support their thinking.



# Sorting food items

**Fridge**

**Cupboard**

**Freezer**



# Can you sort the food?

Fridge
Cupboard
Freezer

Ice cream	Beans	Ice	Broccoli	Bananas
Pasta	Ice lollies	Rice	Butter	Pizza
Eggs	Biscuits	Ketchup	Fizzy drink	Juice
Jam	Milk	Fish fingers	Bread	Sugar



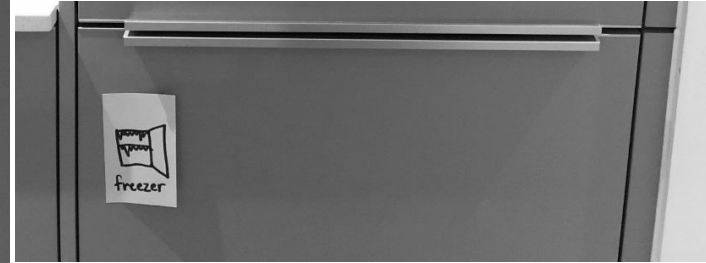
# Where does the food go?



fridge



cupboard



freezer



# Independent Living

## Home Management

### Sorting in the kitchen

#### Make it easier

- Sort only cutlery- put the knives together, forks together and spoons together. Use a divider to help.
- Sort just two categories e.g. cups and plates or frozen food and cupboard food.

#### Make it harder

- Repeat the activities in context e.g. putting away after washing up or emptying the dishwasher.
- Put the shopping away in the correct places.

#### More ideas

- Count how many items you have in each category. How many spoons?
- Can you identify the purpose of each item and when to use it? E.g. we use a cup for drinking or we use a plate to put food on.



# Further Learning with Oak National

Independent Living:

- Building Understanding- Setting the table (Unit 1)
- Building Understanding- Using equipment in the kitchen (Unit 3)

Numeracy:

- Shape and sorting (Unit 2)

