

Oak Specialist

# Independent Living

## Unit 1- Home Management

Applying Learning



# Unit 1- Home Management

## Lesson 1- Using cleaning products

Recognising common cleaning products and warnings on the labels.

## Lesson 3- Reading clothes labels

Identifying key washing symbols and what they mean.

## Lesson 5- Using the kitchen safely

Recognising different kitchen utensils and appliances, and how to use them safely.

## Lesson 2- Hygiene at home

Using the correct cleaning product and cloth for the job.

## Lesson 4- Organising clothes

Sorting clothes by category and folding correctly.

## Lesson 6- Reading food labels

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



# Lesson 6 - Reading food labels



# Teacher notes- Lesson 6

## Reading Food Labels

Learning Intention: To know where to find different information on food packaging.

1. Identifying different types of packaging used for food.
  2. Brief introduction to the traffic light system found on the front of food packaging.
  3. Introduction to finding and understanding the ingredients list on food packaging.
  4. Finding and following cooking instructions found on food packaging
- Equipment needed: Examples of different food packaging for learners to look at.



Home Management

# Reading food labels

Applying Learning



# Lesson activity stages

This lesson will be taught in 4 stages:

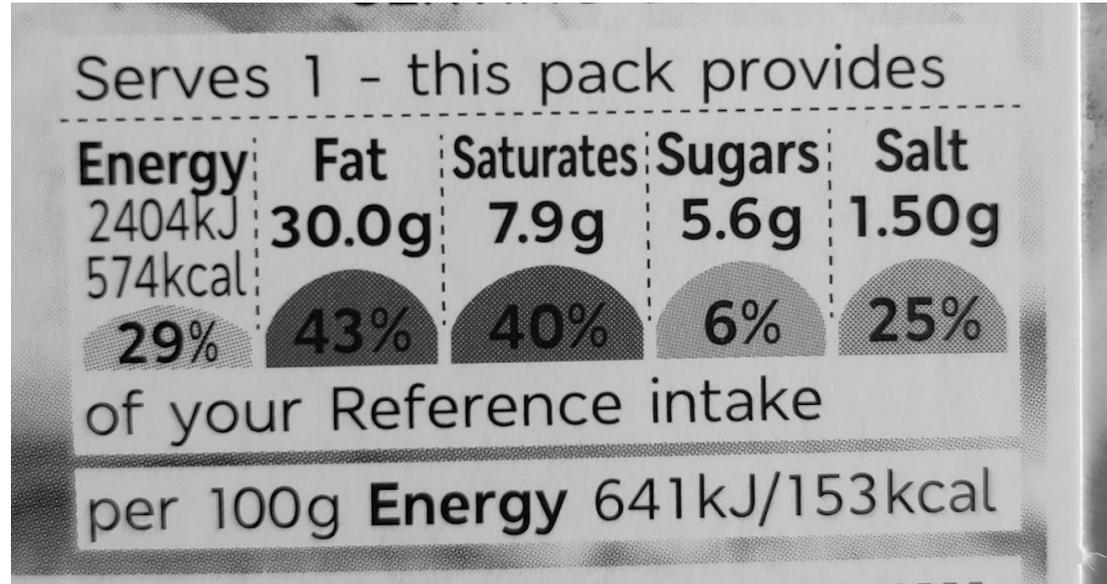
1. Looking at different packaging on food items.
2. Learning about the traffic light system on food packaging.
3. Where to find the ingredients list on the packaging.
4. Finding information about how to cook different food items on food packaging.



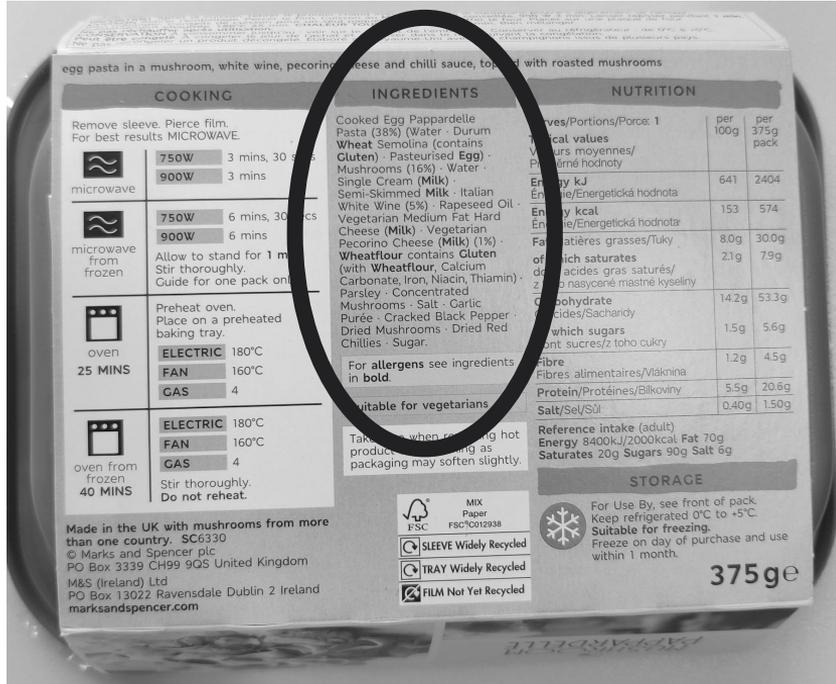
# Packaging



# Labels on food



# Labels on food- Ingredients



# Labels on food- Cooking



# Activity

Looking at the labels on your food item, write down the following;

1. What level of **Fat, Salt and Sugar** it has from the traffic light label on the front?
2. Is your food item healthy or unhealthy? How can you tell?
3. Is your food item suitable for vegetarians?
4. What are the first three ingredients in your ingredients list?
5. What do you use to cook your food item, and how long do you cook it for?



# Independent Living

## Home Management

### Reading food labels

#### Make it easier

- Focus on the cooking instructions and with a Parent/Carer have a go at following them at home. Look for food that is easy to cook to begin with, like microwave meals and soups.

#### Make it harder

- Follow more complicated cooking instructions with a Parent/Carer or suggested recipes on the packaging.
- Look at the breakdown of protein, sugars, fats and salt on the packaging and how much of these each portion contains.

#### More ideas

- Look at the amount of calories in food items and learn about recommended daily allowances.



# Signposting

Independent Living:

- Building Understanding- Shopping in the supermarket (Unit 4)



# References

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