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



Serves 1 - this pack provides Energy
2404kJFat
30.0gSaturatesSugars
5.6gSalt
1.50g574kcalImage: State of the second sec 29% 43% 40% 6% 25% of your Reference intake per 100g Energy 641kJ/153kcal

8

Labels on food- Ingredients



INGREDIENTS

Cooked Egg Pappardelle Pasta (38%) (Water · Durum Wheat Semolina (contains Gluten) · Pasteurised Egg) · Mushrooms (16%) · Water · Single Cream (Milk) · Semi-Skimmed Milk · Italian White Wine (5%) · Rapeseed Oil · Vegetarian Medium Fat Hard Cheese (Milk) · Vegetarian Pecorino Cheese (Milk) (1%) · Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) . Parsley · Concentrated Mushrooms · Salt · Garlic Purée · Cracked Black Pepper · Dried Mushrooms · Dried Red Chillies · Sugar.

For **allergens** see ingredients in **bold**.

Suitable for vegetarians

9

Labels on food- Cooking

	COOKING	INGREDIENTS	NUTRITION		
tove sleeve. Pierce film. best results MICROWAVE.		Cooked Egg Pappardelle Pasta (38%) (Water · Durum Wheat Semolina (contains Gluten) · Pasteurised Egg) · Mushrooms (16%) · Water ·	Serves/Portions/Porce: 1 Typical values Valeurs moyennes/ Průměrné hodnoty	per 100g	per 375g pack
microwave	ave 3 mins Single Cream (Milk) · Semi-Skimmed Milk · Italian		Energy kJ Énergie/Energetická hodnota	641	2404
microwave from frozen	750W 6 mins, 30 secs	White Wine (5%) · Rapeseed Oil · 30 secs Vegetarian Medium Fat Hard Cheese (Milk) · Vegetarian	Energy kcal Énergie/Energetická hodnota	153	574
	900W 6 mins Allow to stand for 1 min. Stir thoroughly. Guide for one pack only. Preheat oven.	Pecorino Cheese (Milk) (1%) Wheatflour contains Gluten with Wheatflour, Calcium	Fat/Matières grasses/Tuky of which saturates dont acides gras saturés/	8.0g 2.1g	30.0 7.9g
		Carbonate, Iron, Niacin, Thiamin) - Parsley - Concentrated Mushrooms - Salt - Garlic Purée - Cracked Black Pepper	z toho nasycené mastné kyseliny Carbohydrate Clucides/Sacharidy	14.2g	53.3
	Place on a preheated baking tray.	Dried Mushrooms - Dried Red Chillies - Sugar.	of which sugars dont sucres/z toho cukry	1.5g	5.6
oven 25 MINS	ELECTRIC 180°C FAN 160°C	For allergens see ingredients	Fibre Fibres alimentaires/Vláknina	1.29	4.5
	GAS 4		Protein/Protéines/Bilkoviny	5.5g	20.
en from	ELECTRIC 180°C FAN 160°C	Suitable for vegetarians Take care when removing hot product after cooking as	Salt/Sel/Sùl 0.40g 1.50 Reference intake (adult) Energy 8400kJ/2000kcal Fat 70g		
	GAS 4	packaging may soften slightly.	Saturates 20g Sugars 90g Salt 6g		
A MINS	Stir thoroughly. Do not reheat.		STORAGE		
1100 (Indend)	CH99 9QS United Kingdom	PSC MIX PSC Paper FSC*C012038	d within I month.	C (0 +5 (ind us

COOKING Remove sleeve. Pierce film. For best results MICROWAVE. 3 mins, 30 secs 750W 3 mins 900W microwave 6 mins, 30 secs 750W 6 mins 900W microwave Allow to stand for 1 min. from Stir thoroughly. frozen Guide for one pack only. Preheat oven. . . . Place on a preheated baking tray. oven ELECTRIC 180°C 25 MINS FAN 160°C GAS 4 ELECTRIC 180°C FAN 160°C

4

oven from

frozen

40 MINS

Made in 11 the

GAS

Stir thoroughly.

Do not reheat.

10

Activity

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

- 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	Make it harder	More ideas
• 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.	 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. 	 Look at the amount of calories in food items and learn about recommended daily allowances.



Independent Living:

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



References

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