

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 5- Preparing a simple meal



Safety notice

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



Teacher notes- Lesson 5

Learning Intention: to understand how to read a simple recipe to create a simple meal.

1. Introduction to a basic recipe. Looking at the different elements of a recipe and why we need to follow each step carefully.
2. Breaking the recipe into 3 parts: ingredients, equipment list and method. Support videos will show the learners how to prepare for each stage of the recipe, from gathering the ingredients and equipment to following the method.
3. How to cook the quesadilla safely, with adult support.



Daily Living Skills

Preparing a simple meal

Applying Learning



Lesson Activity Stages

This lesson will be taught in 5 stages:

1. Looking at a recipe.
2. Reading and gathering items from an **equipment** list.
3. Reading and gathering **ingredients** in the recipe.
4. Looking through the steps in the method section of the recipe.
5. Then it's your turn to have a go at following a recipe.



Quesadilla Recipe



Preparation: 15 minutes
Cooking: 20 minutes



Easy cooking



Serves 1

Equipment List:

Knife, chopping board, cheese grater, colander, weighing scales, measuring jug, spatula, large spoon, frying pan, bowl

Method:

1. Carefully chop your pepper, spinach and mushrooms into small pieces using a knife and chopping board.
2. Measure and grate 20g of cheese.
3. Place your chopped peppers, mushrooms and spinach into a colander. Place the colander into the sink and slowly pour 250ml of hot water over the top to clean and soften the vegetables.
4. Add 1 teaspoon of oil to your frying pan, then, using a large spoon (be careful as the vegetables will be hot) add your peppers, mushrooms and spinach in the frying pan and cook on a medium heat for 5 minutes.
5. Turn the hob off and take the vegetables off the heat, using a large spoon put the cooked vegetables into a bowl for later. Keep your pan to one side to use again to cook the quesadilla.
6. Take your wrap and fill one half of it with your vegetable mix and add the cheese. Then fold the wrap over so that the vegetables and cheese are covered. Press the edges of the filled wrap together to keep the mixture inside.
7. Heat your frying pan for 30 seconds on a low heat, then, using a spatula, place your quesadilla into the frying pan and cook for 1 minute on each side.
8. Turn the hob off and carefully take your frying pan off the heat. Using your spatula, serve your quesadilla onto a plate and enjoy!



Image: Unsplash

Ingredients (for 1 person):

1 Flour or corn wrap
½ a Pepper
1 small handful of Spinach
3 Mushrooms
20g of Cheese
1 teaspoon of Oil
250ml of Hot Water

Equipment List

Knife, chopping board, cheese grater, colander, weighing scales, measuring jug, spatula, large spoon, frying pan and a bowl.



Ingredients (for 1 person):

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My Quesadilla!



Warning: Supervision will be required at all times during this lesson as it involves the use of sharp kitchen equipment, hot water and a hot pan.

Activity

1. Have a go at following this recipe or your own recipe at home.



Independent Living

Applying Learning

Food preparation - Following a recipe

Make it easier

- Follow the stages of a recipe that doesn't require measurements or cooking. Eg, fruit kebabs or a smoothie.

Make it harder

- Follow a baking recipe where you have to use more precise measurements.

More ideas

- Have a go at creating your own simple recipe.
- See if you can prepare a snack or meal using ingredients in your cupboard or fridge at home.



Signposting

Independent Living:

- Building Understanding- Following a simple recipe (Unit 3)
- Building Understanding- Using equipment in the home (Unit 3)
- Applying Learning- Using the kitchen safely (Unit 1)
- Applying Learning- Safety in the home (Unit 6)

Occupational Therapy:

- Activities of daily living (Unit 6)

Numeracy:

- Building Understanding/ Applying Learning- Numeracy (Unit 1)

