

Oak Specialist

Independent Living

Daily Living Skills

Lesson 5 - Following a simple recipe

Building Understanding



Unit 3- Daily Living Skills

Lesson 1- Creating a visual schedule

How to make and follow a visual schedule for daily activities.

Lesson 3- Recycling

Sorting recycling items into different categories.

Lesson 5- Following a simple recipe

Following simple steps to make a cheese sandwich.

Lesson 2- Getting dressed

Breaking down the steps of the sequence and creating opportunities for independence.

Lesson 4- Using equipment in the kitchen

Labelling kitchen equipment and learning what food to use them with.

Lesson 6- Daily meals

Choosing food items and matching them to a meal time.



Teacher notes- Following a simple recipe

Learning Intention: To follow steps of a recipe to create a sandwich

1. Introduce the recipe - you could show some recipe books
2. Follow the slides to gather the equipment and ingredients needed to make the sandwich. You could use different ingredients.
3. Talk through each step showing the equipment and ingredients. Mix the steps up and put in order.
4. Follow the steps to make a cheese sandwich.

Resources - knife, chopping board, grater, bread, butter, cheese



Safety notice

This lessons involves use of sharp objects. Please ensure the learner is supervised by an adult when handling these objects and that sharp objects are handled with care.



Lesson Activity Stages

1. Collect equipment
2. Collect ingredients
3. Read recipe
4. Put steps in order
5. Follow steps to make sandwich



Cheese sandwich recipe

Introduce the recipe.

Ask - Can you guess what we are going to make?

Do you know what a recipe book is?

Can you find one in your house?



Collect your equipment

Read through the equipment list.

Ask - Can you find the real items in your kitchen?



Knife



Grater



Chopping board



Collect your ingredients

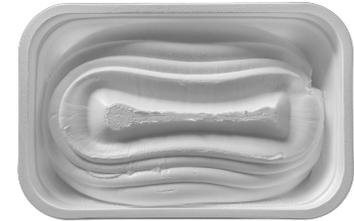
These are the ingredients.
Ask - Can you label each one? Can you locate them in the kitchen? Which items are found in the fridge? Which are found in the cupboard? How many slices of bread do you need?



Bread



Cheese



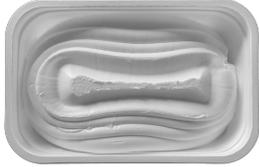
Butter



Recipe instructions 1

These are the instructions of how to make a sandwich. This is called a recipe. Read through each step and follow the images. Can you see the ingredients and equipment?



				
1. Get two pieces of bread	2. Get butter	3. Use knife to spread butter on bread	4. Get cheese	5. Use grater to grate cheese



Recipe instructions 2



				
<p>6. Put cheese on bread</p>	<p>7. Put bread together</p>	<p>8. Use knife to cut in half</p>	<p>9. Put on plate</p>	<p>10. Eat</p>



Recipe instructions

Can you put the steps in the correct order?



Recipe instructions

Now it's your turn to follow the steps on the previous slides to make a cheese sandwich. You could choose a different filling.

If your learner needs support to complete the steps do the first few together and see if they can finish off the last steps by themselves. Which steps can they complete independently?



Finished sandwich

Take a photo of your finished sandwich.



After you have eaten the sandwich discuss what happens to the ingredients and equipment.



Independent Living: Daily Living Skills

Following a simple recipe

Make it easier

Develop fine motor skills by just working on spreading the butter or grating the cheese.

Make it harder

Choose a recipe from a cookbook and follow it. Write out the step by step instructions.

Choose different fillings for the sandwich. Can you prepare your own lunch?

More ideas

With parent/carer support, learn how to cook a ready meal in the microwave. Follow the step by step instructions on the packet.



Further Learning with Oak National

Independent Living:

- Building Understanding- Using equipment in the home (Unit 3)
- Applying Learning- Preparing a simple meal (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)



References

Slide 6- Recipe Book, Element5 Digital, Pexels / Bread, Pxfuel / Cheese, Shutterbug75, Pixabay

Slide 7- Grater, Shutterbug75, Pixabay / Chopping Board, BRRT, Pixabay / Grater, Pixabay

Slide 10- Butter bread knife, Kboyd, Pixabay / Cheese parmesan grated, Icb, Pixabay / Butter, Doornekamph, Pixabay / Toast, PublicDomainPictures, Pixabay

Slide 11- Child Eating Sandwich, Skeeze, Pixabay / Knife, Pxhere / Toast Sandwich, Pikist / Plate, Free SVG / Grated cheese, Dencey, Wikimedia Commons

Slide 13- I-phone, JESHOOOTS-com, Pixabay

