

Oak Specialist

# **Independent Living**

## **Daily Living Skills**

### **Lesson 6 - Daily meals**

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- Daily meals

Learning Intention: To identify what food items are eaten at different times of the day.

1. Introduction to three daily meals and the times of day that we eat them at.
2. What food do we eat at breakfast? Choose images from a grid and create a breakfast plate.
3. What food do we eat at lunchtime? Choose images from a grid and create a lunch plate. Talk about the different food items and size.
4. What food do we eat at dinnertime? Choose images from a grid and create a dinner plate. Do you eat dessert too? Talk about portion size.

-Resources: pen and paper.



# Lesson Activity Stages

1. Mealtimes
2. Choosing food items at breakfast
3. Choose food items at lunch
4. Choose food items at dinner
5. Create your own plates of food



# Meal times

We eat meals at three different times of the day.

**morning**

**lunchtime**

**evening**

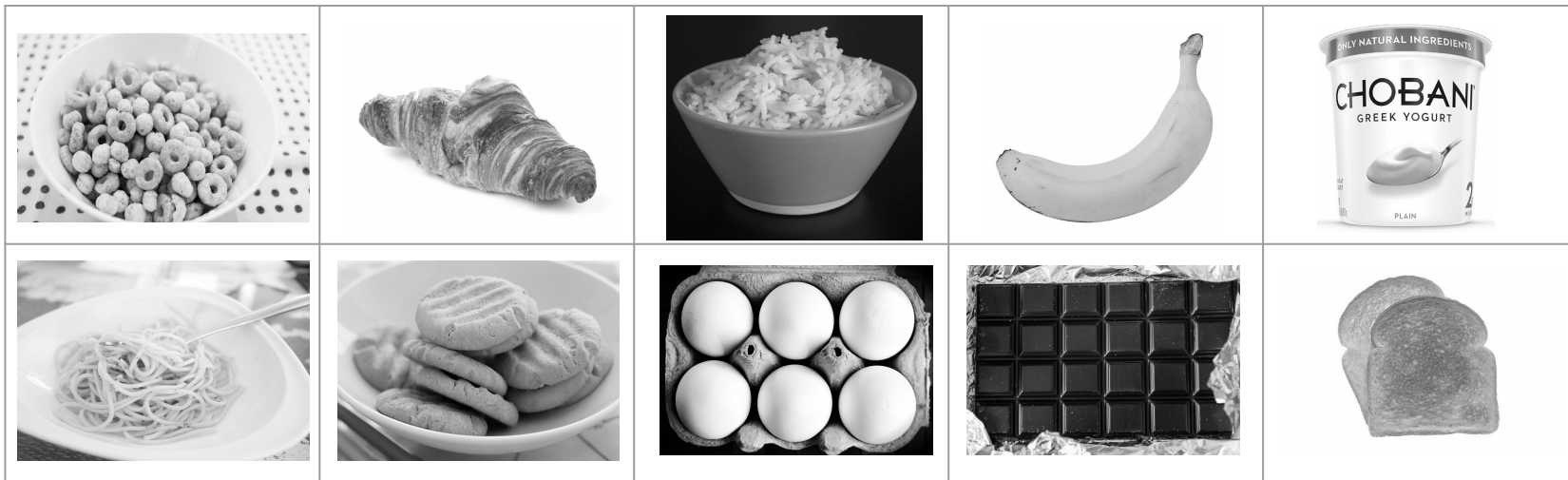


# Breakfast

In the morning we eat **breakfast**.

What food items do you eat at breakfast time?

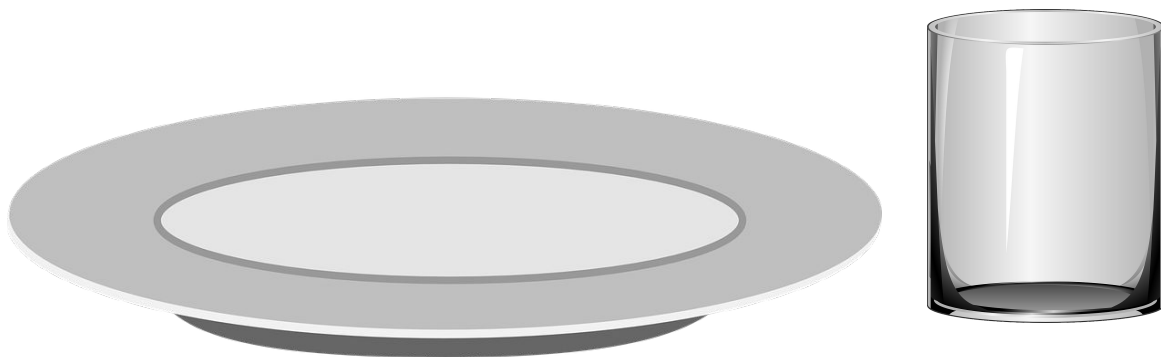
Point to the food items that you eat in the morning for breakfast. Discuss foods that you shouldn't eat at breakfast e.g. chocolate.



# Breakfast

It is important to eat healthy food in the morning. Healthy food helps get our brains ready for learning.

Draw or cut out what you would choose for breakfast.

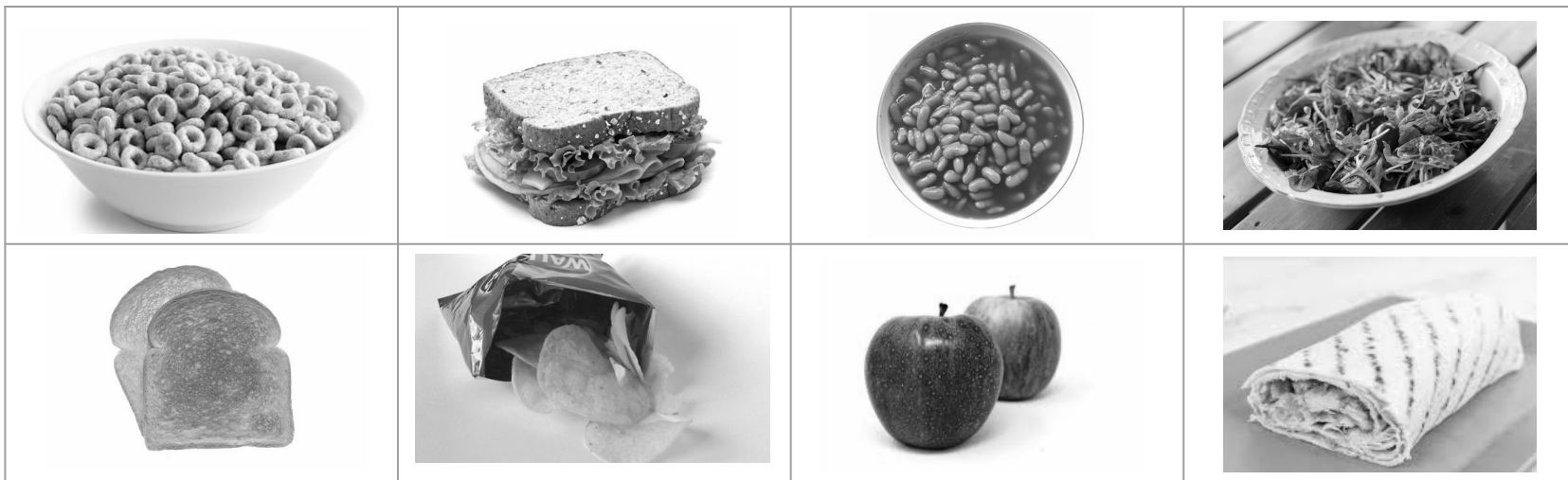


# Lunch

At lunchtime we eat **lunch**.

What food items do you eat at lunch time?

Point to the food items that you eat at lunchtime. Discuss portion size and what food items could go in a lunch box.

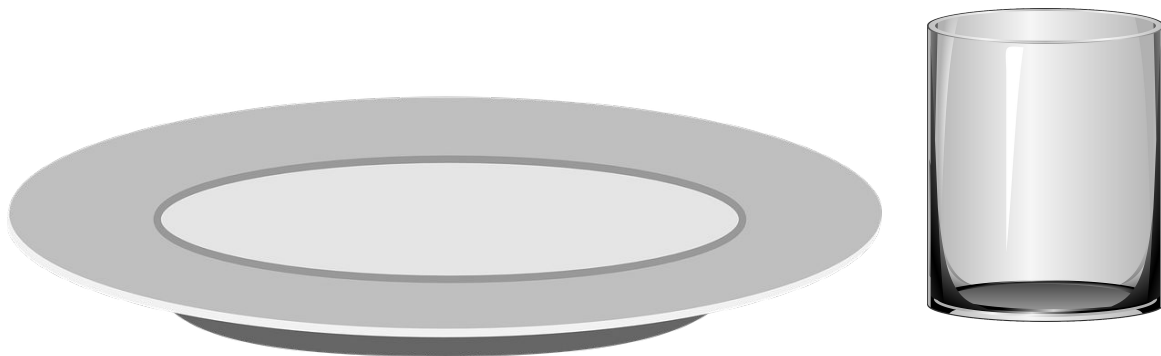




# Lunch

Lunch is usually a smaller meal.

Draw or cut out what you would choose for lunch.



# Dinner

In the evening we eat dinner.

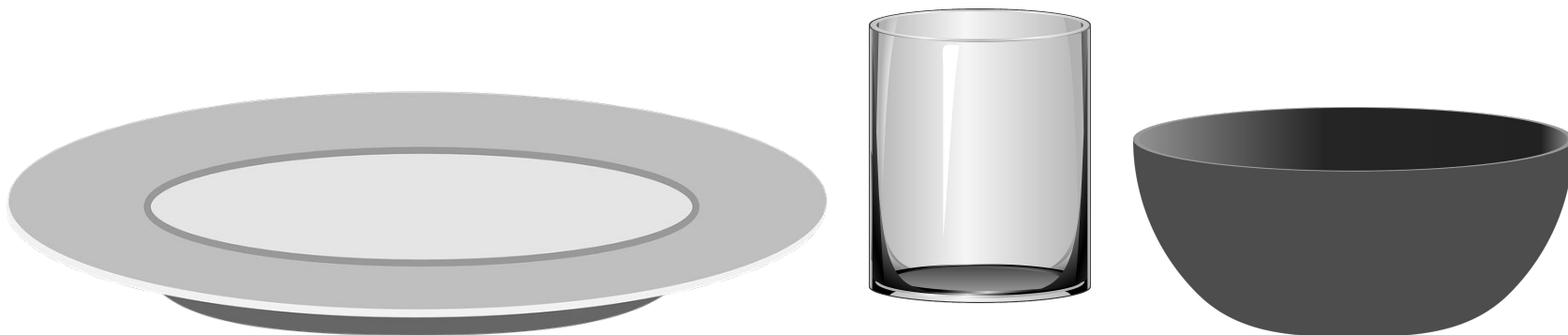
What food items do you eat at dinner time?



# Dinner

Usually our evening meal is larger and we might eat dessert afterwards.

Draw or cut out what you would choose for dinner and dessert.



# Independent Living: Daily Living Skills

Daily meals: Suggested adaptations for teachers/parents/carers.

Make it easier	Make it harder	More ideas
<p>Make a choice board for one of the meal times and ask your learner to choose their food.</p>	<p>Make a food diary for a week, writing what food items you eat at each time of the day.</p>	<ul style="list-style-type: none"><li>-Discuss healthy choices and enjoying these in moderation.</li><li>-Write a food diary including snacks eaten throughout the day. Are you eating a balanced diet?</li><li>-Help your learner research different cultures and foods eaten at breakfast.</li></ul>



# Further Learning with Oak National

Independent Living:

- Building Understanding- Daily meals for different times (Unit 3)
- Applying Learning- Daily recommendations (Unit 2)
- Applying Learning- Daily meals for different times of the day (Unit 3)
- Applying Learning- Preparing a simple meal (Unit 3)
- Applying Learning- Balanced plate of food (Unit 2)



# References

Slide 6- Chocolate, Jean Beaufort, Publicdomainpictures / Yohgurt, Public domain files / Rice bowl, FriFran / Banana, Evan-Amos, Wikimedia commons / Croissant, Petr Kratochvil, Publicdomainpictures / Toast, Public domain, Free stock photos / Cereal, Needpix / Pasta, Seika, Flickr / Eggs in carton, Congerdesign, Needpix / Biscuits, Taste

Slide 7- Plate, Pixabay / Drinking Glass, Pixabay

Slide 8 Red Apples, Alexas\_Fotos, Pixabay / Tortilla, Flickr / Canned Baked Beans, made-in-china / Salad, Public domain licence, Libreshot / Sandwich, MAXIMILIAN MEYER, Unisci24 / Cheerios, Shutterstock, DLPNG / Crisps, Arps, Wikipedia / Toast, Public domain, Free stock photos

Slide 10- Rice bowl, Tri Food / Broccoli, Shutterbug75, Pixabay / Sausage on bbq, Pigsels / Cooked meat, Pxfuel / Pasta, Wallpaper flare / Fish and chips, Memm, Wikimedia commons / Pizza, Pxhere / Cornflakes, Geotrinity, Wikimedia commons / Cheese cake, Vortbot, Wikimedia commons

Slide 11- Bowl, Vadim\_P, Pixabay

