



- To identify things that could be dangerous in the home.
- To identify ways to keep home, clean safe and the reasons why.
- To know that microbes in food can be transferred to humans.
- To be able to carry out a range of cleaning tasks.

End

Learn four easy meals that students can make at home.

1. The ultimate Bacon sandwich - students choose their options.
2. Posh beans on toast - we add ingredients to give more flavour and texture.
3. Cheese omelette - we learn how to make a classic omelette.
4. Special fried rice - we learn how to make a meal from left overs.

Cook together, eat together and wash up together.



- To be able to dress more independently
- To understand the need for personal hygiene
- To become more independent in looking after own personal Hygiene



- To understand the need for keeping safe in the community
- To become more independent in looking after ourselves out in the community
- To know how to keep safe
- to recognise local amenities
- to recognise signs in the community

Start

**Independent Living Skills Key Stage 3
Rolling Programme Year 1**

