

Unit Six:
Life Skills

- 6.1 Eating /Nutrition
- 6.2 Dressing and Maintenance
- 6.3 Maintenance of Living Accommodations
- 6.4 Exterior Maintenance

LIFE SKILLS

6.1 Eating/Nutrition

	A	B	C
	Eating/Nutrition	Eating/Nutrition	Eating/Nutrition
	<p>Eating</p> <ul style="list-style-type: none"> •chews solid foods •drinks from an adapted glass •drinks from a glass •brings food to mouth using fingers •jabs food with fork •recognizes the signal for dinner 	<p>Eating</p> <ul style="list-style-type: none"> •uses a fork •drinks from glass and places it on the table •drinks from a straw •fills glass from tap when it is running •indicates meal preference when offered a few choices <p>Prepares own meal</p> <ul style="list-style-type: none"> •helps in the preparation of a meal (stirs, pours) 	<p>Eating</p> <ul style="list-style-type: none"> •tastes new foods •pours a drink from a small container •cuts soft foods with a table knife •opens and closes containers •uses a simple dispensing machine •orders a meal (gets in a food line at a cafeteria, or fast food restaurant, places order) •is familiar with healthy nutritional habits (fruit rather than candy) <p>Prepares own meal</p> <ul style="list-style-type: none"> •prepares a sandwich spread •uses a toaster
	<p>Table Manners</p> <ul style="list-style-type: none"> •keeps food on the table •stays sitting for the duration of a meal 	<p>Table Manners</p> <ul style="list-style-type: none"> •uses a reasonable tone of voice •waits to be served •waits calmly at the table •uses only own place setting •wipes mouth with table napkin •chews with closed mouth •eats at a reasonable pace 	<p>Table Manners</p> <ul style="list-style-type: none"> •serves reasonable portions •has a good table posture •asks to have food past to him •passes food platters to others at the table •holds utensils with proper grip
	<p>Safety</p> <ul style="list-style-type: none"> •takes reasonable bites •does not choke, swallows each bite 	<p>Safety</p> <ul style="list-style-type: none"> •only eats edible items •washes hands before eating •ensures that the food is not burning before consumption •uses table utensils in a safe manner 	<p>Safety</p> <ul style="list-style-type: none"> •washes fruits and vegetables before consuming them •does not share glass, utensils or straws •identifies and avoids food to which one is allergic

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D	E	F
Eating/Nutrition	Eating/Nutrition	Eating/Nutrition
<p>Eating</p> <ul style="list-style-type: none"> • cuts food (meat) with a sharp knife • is familiar with Canada's Food Guide • uses a code in a dispensing machine <p>Prepares own meal</p> <ul style="list-style-type: none"> • identifies a variety of ingredients in a recipe • cuts food • scoops • piles, grates and peels • tidies up • prepares a soup • uses small appliances <p>Safety</p> <ul style="list-style-type: none"> • follows basic food hygiene (washes food, wipes counters, washes hands) • stores foods in their proper place (cupboard, fridge, freezer) • uses small appliances safely (kettle, mixer, toaster, microwave, can opener) • stores appliances safely 	<p>Eating</p> <ul style="list-style-type: none"> • recognizes the benefits of good nutrition • goes to a restaurant(waits to be seated, places order with waiter, leaves a tip) <p>Prepares own meal</p> <ul style="list-style-type: none"> • chooses a recipe • makes a grocery list of missing ingredients • finds the items from a list in the grocery store • finds the necessary utensils • finds the necessary ingredients for the meal • measures ingredients • follows a recipe • coordinates the steps in the preparation of the meal • serves the meal <p>Safety</p> <ul style="list-style-type: none"> • avoids contamination of food (keeps hot foods hot and cold foods cold, thoroughly cooks meats, does not refreeze foods) • uses large appliances safely (oven, stove, heating element) • avoids burning foods • learns how to use a fire extinguisher • learns how to put out small fires (baking soda, lid, extinguisher) • uses sharp knives properly • applies safe practices (handles of pots, electric cords, hot oil) 	<p>Prepares own meal</p> <ul style="list-style-type: none"> • plans a balanced meal using Canada's Food Guide • plans grocery list • takes into account the time required for organizing and preparing various parts of a meal to co-ordinate all parts of the meal being ready at the same time. <p>Safety</p> <ul style="list-style-type: none"> • verifies that foods are consumable (checks expiration date, knows how long prepared foods can be kept, uses proper defrosting methods) • apply some basic first aid

LIFE SKILLS

6.2 Dressing and Maintenance

A	B	C
Dressing Skills	Dressing Skills	Dressing Skills
<ul style="list-style-type: none"> • holds out body part for dressing and undressing • helps with putting limbs through clothing • puts hat on head • helps with undressing (removes hat, removes mitts, removes unlaced shoes, lowers undone pants) • pulls up undone pants <p>Maintenance</p> <ul style="list-style-type: none"> • helps with putting clothes away • brings dirty clothes to the laundry room 	<ul style="list-style-type: none"> • removes undone clothing that opens in the front • raises and lowers a zipper • removes his undone pants • puts on (pants, mitts, shoes (student does not need to know right from left), over the head clothes) • undoes shoes • undoes and removes boots • undoes snap fasteners • gets clothing for dressing • participates in the dressing sequence <p>Maintenance</p> <ul style="list-style-type: none"> • hangs coat, hat on a hook • puts away shoes, boots • helps with laundry (closes dryer door, puts soap in washing machine) • hangs a few clothes on the clothes line (bathing suit) • empties the dryer 	<ul style="list-style-type: none"> • distinguishes right from left (shoes, gloves) • ties knots • puts on socks • buttons and unbuttons clothing • undoes a belt buckle • puts on a scarf • differentiates right from wrong side and puts on clothing right side out • differentiates back from front and puts on clothing the appropriate way • attaches and pulls up a zipper • does up a belt buckle • recognizes own clothing • choose own clothing • dresses following the appropriate sequence • adjusts clothing on body <p>Maintenance</p> <ul style="list-style-type: none"> • sorts laundry • hangs clothing on a hanger (coat, blouse) • changes clothing when they are dirty or stained • puts away clothing • takes clothing out of washer and places it in dryer • hangs clothes on a clothes line

D	E	F
Dressing Skills	Dressing Skills	Dressing Skills
<ul style="list-style-type: none"> • ties shoes • puts on or attaches accessories (watches, necklaces, pins) • chooses clothing appropriate for the weather or activity • varies clothing (does not wear the same clothes everyday) • participates in shopping • packs own suitcase from a given list <p>Maintenance</p> <ul style="list-style-type: none"> • knows the basic functions of a washer and dryer • does a washing • folds clothing • does a small hand washing 	<ul style="list-style-type: none"> • chooses clothing appropriate to the social function • chooses accessories • colour coordinates clothing • knows clothing and shoe size • purchases clothing considering (size, needs, budget) <p>Maintenance</p> <ul style="list-style-type: none"> • sorts clothing according to various cleaning methods (types of fabrics) • cleans clothing following directions on the washing label • uses the appropriate cleaning solutions • regulates the washer and dryer controls • sews on a button • uses an iron • goes to the laundromat • takes clothing to the drycleaners 	<ul style="list-style-type: none"> • plans wardrobe according to budget • recognizes styles, colour and printed fabric that enhances silhouette <p>Maintenance</p> <ul style="list-style-type: none"> • uses a sewing machine • irons various types of fabric

LIFE SKILLS

6.3 Maintenance of Living Accommodations

A	B	C
<p>Household Skills</p> <ul style="list-style-type: none">• helps with removal of place setting after a meal• helps with clean up after an activity	<p>Household Skills</p> <ul style="list-style-type: none">• sets the place settings with the help of a model placemat• sets the table (salt and pepper, bread and butter etc.)• wipes off placemat• places garbage in disposal• helps with clean up of personal items after usage• removes bed coverings	<p>Household Skills</p> <ul style="list-style-type: none">• cleans up area after a meal or an activity• takes dishes to the sink for washing• stores tray• puts dishes in the dishwasher• folds grocery bags• empties and puts away cutlery from dishwasher• cleans dirty surfaces (dusts, sweeps, washes)• takes care of garbage (empties small bags into larger container, replaces the bag)• makes bed

D	E	F
Household Skills	Household Skills	Household Skills
<ul style="list-style-type: none"> • takes out own meal and places it on the table • clears a table completely, putting away all items • cleans dishes (washes, rinses and dries) • puts away groceries in appropriate location • stores utensils in predetermined locations <ul style="list-style-type: none"> • vacuums • disposes of waste in appropriate containers (garbage, recycle bins, compost) • puts away equipment after a group activity • uses the appropriate cleaning tool • helps with washing windows 	<ul style="list-style-type: none"> • cleans windows and mirrors • washes floors • hammers/screws nails, screws or bolts • does minor repairs (uses screwdriver, hammer) • paints an item • stores tools in their appropriate location • changes batteries in smoke detector and verifies its working order 	<ul style="list-style-type: none"> • establishes a maintenance program for household (winter and spring clean up) • paints walls • uses mechanical/electric tools for simple repairs or construction projects

LIFE SKILLS

6.4 Exterior Maintenance

A	B	C
Household Exterior Maintenance	Household Exterior Maintenance	Household Exterior Maintenance
<ul style="list-style-type: none">• helps with garbage pick up outdoors• helps with watering plants	<ul style="list-style-type: none">• picks up all garbage from a given area• waters plants with watering can• associates tool with task	<ul style="list-style-type: none">• participates in outdoor tasks:• shovels (snow, earth, sand)• rakes (leaves, earth)• sweeps• uses a hose (waters garden, washes car)

D	E	F
Household Exterior Maintenance	Household Exterior Maintenance	Household Exterior Maintenance
<ul style="list-style-type: none"> • helps with window washing • completes a simple assigned task (rake, shovel, water) • helps with car washing 	<ul style="list-style-type: none"> • cuts grass • plants a garden (seeds, plants, waters) • weeds (identifies weeds, removes all roots) • uses mechanical/electrical tools for small exterior repairs or simple construction project • washes windows • paints (fence, garden furniture) • washes a car (inside & out) 	<ul style="list-style-type: none"> • plants own garden • follows a maintenance plan • buys materials (seeds, plants, fertilizer) • establishes a complete exterior maintenance program (monthly, long term)

