

# Life Skills

It is very important that we begin to learn and consolidate a range of life skills, now that we are in Year 6 and getting ready to go to secondary school.

This week, the theme is COOKING!

See if you can complete these activities and remember to send any pictures to our class email address so that Miss Johnson and Miss Hackwood can see them :)

1. Plan a meal with an adult and write an ingredient list
2. Look at an online grocery store and see if you can calculate how much your meal is going to cost
3. On the day of your meal, help out in the kitchen to prepare the food. If you are using sharp objects, ensure that an adult is present
4. Help to cook your meal. Open the packets, weigh ingredients out if you need to, mix in the sauces and dish it up on to the plate
5. Once you have eaten your delicious meal, ask your household what they thought of it and to give it a score out of 10. Hopefully you can get 10/10!

