

Objective

By the end of this lesson, the student will be able to understand and demonstrate essential daily living skills, including meal planning, budgeting, and basic household chores. This will empower them to take on more responsibility in their daily lives.

Materials and Prep

- Notebook and pen for note-taking
- Access to a kitchen for cooking activities (if possible)
- Calculator (or a smartphone with calculator function)
- Printable templates for meal planning and budgeting (can be created on paper)
- Basic cooking ingredients (e.g., pasta, vegetables, etc.)

Before starting the lesson, ensure the student knows basic kitchen safety rules and has permission to use kitchen items. Familiarize them with how to use a calculator for budgeting tasks.

Activities

- **Meal Planning Challenge:** The student will create a meal plan for a week, considering nutritional balance and budget constraints. They will choose recipes and list the ingredients needed.
- **Cooking Time:** The student will prepare one of the meals from their meal plan, focusing on following a recipe, measuring ingredients, and cooking safely.
- **Budgeting Basics:** The student will create a simple budget for their meal plan, calculating the total cost of ingredients and comparing it to a set budget (e.g., \$50 for a week).
- **Chore Chart Creation:** The student will design a chore chart for themselves, identifying daily and weekly tasks that contribute to maintaining a household.

Talking Points

- "Why is meal planning important? It helps you save money and eat healthier!"
- "What are some easy meals you can cook? Think about simple recipes that don't require too many ingredients."
- "How do you keep track of your spending? A budget helps you know how much money you have and how to use it wisely."
- "What chores do you think are essential for keeping a home tidy? Think about daily versus weekly tasks."
- "How does cooking for yourself help you become more independent? It's a skill that everyone should learn!"
- "Can you think of ways to make chores more fun? Maybe you can listen to music while you clean!"