

Objective

By the end of this lesson, the student will have learned essential life skills, including basic cooking, budgeting, and time management. They will gain confidence in their ability to perform daily tasks and make informed decisions.

Materials and Prep

- Paper and pen for note-taking
- Calculator (or a smartphone with a calculator app)
- Ingredients for a simple recipe (e.g., sandwich, salad, or smoothie)
- Timer or stopwatch for time management activity

Before the lesson, ensure the student knows basic kitchen safety and hygiene. Prepare a simple recipe that they can follow independently.

Activities

- **Cooking Challenge:**

The student will choose a simple recipe to prepare. They will read the instructions, gather ingredients, and cook the dish. This activity will help them develop kitchen skills and confidence in cooking.

- **Budgeting Game:**

The student will create a mock budget for a week, considering food, entertainment, and savings. They will use a calculator to add up costs and see how to manage their money wisely.

- **Time Management Exercise:**

The student will plan their day using a timer. They will allocate specific times for tasks like homework, chores, and free time, helping them learn how to prioritize and manage their time effectively.

Talking Points

- "Cooking is not just about food; it's about creativity and making choices. What recipe do you want to try today?"
- "Managing money is like playing a game. How can we make sure we have enough to spend on fun things while saving for the future?"
- "Time is like a treasure; if we use it wisely, we can get so much done and still have time to relax. What tasks do you think are most important today?"
- "Learning to cook is a life skill that will help you be independent. What is your favorite dish to cook?"
- "A budget is your plan for spending. How can we make sure we stick to our budget while still having fun?"
- "Setting a timer helps us focus. How can we use timers to make our work more fun and efficient?"
- "Being organized is key to managing your time. What tools do you think can help you stay organized?"
- "Mistakes in cooking can lead to new recipes! What have you learned from trying to cook something new?"
- "Saving money is important for big goals. What is something you want to save for?"

- "Every minute counts! How can we make the most of our time each day?"
- "Cooking can be a fun way to bond with family. Who do you like to cook with?"
- "Budgeting is about making choices. What would you do if you had to choose between spending on a game or saving for something bigger?"