

Thursday's challenge – Helping around the home

Activity 2 – Preparing meals

Make your own lunch

What to do

- Talk about hand hygiene, getting everything ready first and the best order to carry out each task.
- Allow your child to experiment with the best order of the process. It is likely that they will not think ahead at first but will fine tune as they go.
- Consider which tasks will always need adult input (slicing cheese) and which can be increasingly left to your child as they become more confident (cutting the sandwich).
- Example lunch-making process:
 - i. Washing hands
 - ii. Laying the table
 - iii. Spreading butter/jam on bread.
 - iv. Placing ham, cheese slices on the bread.
 - v. Placing one slice on the other and pressing.
 - vi. Cutting into pieces (hard at first)
 - vii. Clearing up after eating

What you need

Sliced bread, spread and table knife, sandwich filling (ham, jam, sliced cheese, etc.), bread board and plate



Extension

Create a list of lunches together and encourage your child to choose and organise what they need each lunchtime. Make lunch for someone else. Make a sandwich list and ask diners to choose from it.

Questions to ask

What must we always do before cooking and eating? Wash hands!
What things will we need?
What do we need to put on the table?
How can we keep the sandwich together?
What's your favourite filling?