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| 1. Make your own toast   Use the toaster and spread the butter |
| 1. Can you get an adult to feed you 5 foods with your eyes closed?   Can you identify the foods by taste only? |
| 1. With support, can you help an adult make a cup of tea?   Boil a kettle and add the milk |
| 1. Can you make your own lunch?   Maybe a sandwich? |
| 1. How many ways can you cook a potato?   Try to bake it, mash it or boil it |
| 1. Use the oven/grill to make cheese on toast |
| 1. Can you make a smoothie?   If you have a blender in the house ask an adult to help you use it  What fruit did you use? |
| 1. Can you help an adult cut vegetables/salads for dinner? |
| 1. Can you use the hob and cook pasta?   How do you know when the pasta is cooked? |
| 1. Can you do the washing up at home?   Make sure you don’t use too much washing up liquid and it must be hot water |