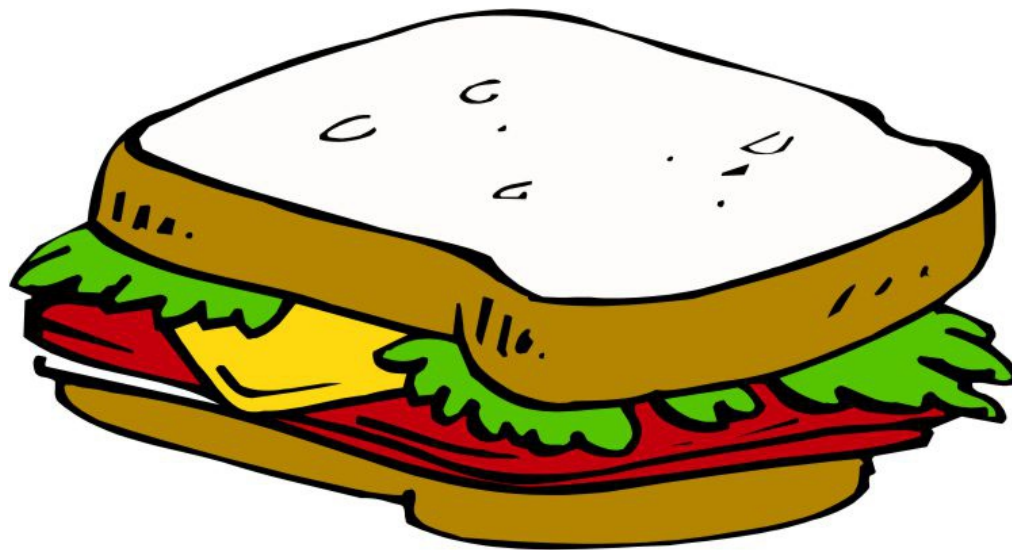


Life Skill of the Month



Meal Preparation

Life Skill of the Month – Meal Preparation

Dear Parent/Guardian,

Each month this school year, we are encouraging children to practice a different life skill at home. For this month, the **life skill is light meal preparation**. It is important that children are independent in daily chores such as preparing light meals or snacks for themselves. Please encourage your child to practice light meal preparation for the entire month. Here are some helpful tips to make it easier for children to learn how to prepare snacks and light meals:

1. Start out by washing your hands. Have your child observe and help you when you prepare meals or snacks. Explain to your child the different steps as you prepare the food. Children can help with various tasks to start out such as opening packages, washing fruit and veggies, stirring batter, scooping flour, etc.
2. Encourage your child to get his/her own snacks ready. Keep healthy snack items within your child's reach and at eye level. Try getting the snacks ready the night before school so you are not too rushed in the morning.
3. When ready, have your child make their own simple breakfast or lunch meal. For example, pouring cereal and milk into a bowl or making a cheese sandwich. Pre-set up the ingredients if necessary. For example, pour milk into a creamer pitcher to make it easier for a child to pour.
4. Continue practicing light meal preparation adding more difficult skills (supervise closely) such as using a fruit peeler, slicing soft foods (bananas work well to start), spreading mayonnaise progressing to butter or peanut butter, etc.
5. If your child brings lunch to school, encourage him/her to start making their own sandwiches and packing snacks each day. If the child can not make the entire lunch assist as little as possible to complete the job so that the child can be independent.
6. Involve your child in the meal planning and grocery shopping so that he/she learns all the steps required before you actually make the meal.
7. If your child is a picky eater, talk with your pediatrician or occupational therapist about suggestions to help expand your child's food choices.

*Thank you for teaching
your child light meal preparation.*

