Suggested practical activities

Home Economics is a practical subject so it would be great if your child/children got involved in helping out around the house. As you know your child best you will be able to judge how much supervision/help they need with various tasks. You may notice they will become more confident at performing tasks with a little practice.

**Practical activities your child might enjoy doing**

1. Preparing a snack as independently as possible. Now might be the time to encourage your child to learn how to prepare some simple snacks. Maybe start with items that don’t need cooking such as chopped up fruit and vegetables with a dip or crackers and cheese or a smoothie. Cooked snacks your child could try include healthy convenience foods such as beans/spaghetii on wholemeal toast. Preparing a packet of noodles is a good way to teach how to use the hob safely, however they can be high in fat and salt so use occasionally as a treat.

Here is a link to some other snack ideas you might like to try.

<https://www.safefood.eu/recipes/Snacks.aspx>

1. An activity you might get your child involved in now is packing away heavier winter clothes and maybe sorting items to be taken to the clothes bank/charity shop. Click here to view an interesting project being undertaken by some pupils. They use junk to make clothes!

<https://www.youtube.com/watch?v=UmVfy4UXwtA>

1. Baking/cooking – A good way to relax whilst also encouraging your child to read, weigh and measure. The recipes are posted on the website – Fajita Wraps, Chicken Risotto and Cake in a Mug.