

Knowledge Organiser: Life Skills

Topic: Home Management & Summer Foods

Key Words includes:

Germs /Bacteria - Tiny organisms (living things) can only see with a microscope if a germ gets into your body it can make you ill

Home Management—Looking after your home , cleaning, re-paring, money (bills)

Chores - A job or work that needs to be done

Hazard—A danger or risk

Presentation/Appearance—the way someone or something looks

Seasonal foods—food that is usually grown and ready to eat at time of the year



Life Skills

Why Clean? Keeping things clean will help stop the spread of germs and help to keep you healthy. Knowing how to and taking part in practical activities to make food and drinks items and cleaning tasks with help you to improve your independence skills



WHAT'S IN SEASON WHEN?

SPRING	SUMMER	AUTUMN	WINTER
ASPARAGUS	BEETROOT	APPLES	APPLES
CARROTS	BLUEBERRIES	BLACKBERRIES	BRUSSELS SPROUTS
CELERIAC	BROAD BEANS	ELDERBERRIES	CABBAGE
CUCUMBER	CARROTS	MUSHROOMS	CARROTS
CURLY KALE	COURGETTES	POTATOES	CELERIAC
GOOSEBERRIES	CUCUMBER	PLUMS	CURLY KALE
SPROUTING BROCCOLI	POTATOES	PUMPKIN	LEEKs
SPINACH	PLUMS	ROCKET	PARSNIPS
RHUBARB	STRAWBERRIES	SQUASHES	POTATOES
WATERCRESS	TOMATOES	SWEETCORN	SWEDE

There are a number of basic food skills which enable you to prepare a variety of simple dishes.

These can include:

cutting (with a knife); grating, juicing; kneading; measuring; peeling; rolling-out;,, rubbing-in; stirring; washing and weighing.

Summer Foods-ideas

- *Make a layer salad
- *Make coleslaw/Florida salad
- *Dips *Salsa *fruit salad/kebab
- *Yogurt Ice cream *Picnic Foods

Recipe ideas <https://www.foodafactoflife.org.uk/>

