

# Home Living Activities: Skills for Preparing Food



- Observes someone making snacks
- Makes snacks
- Makes a cold sandwich
- Recognizes oven/microwave
- Pushes buttons for microwave use
- Turns knobs for oven/stove use
- Operates oven/microwave with help
- Operates oven/microwave independently
- Warms prepared food
- Sorts foods by food groups
- Assists with food preparation
- Learns to use a timer
- Follows oral/written recipe directions
- Identifies foods for a meal
- Learns to stir or use a mixer
- Cleans the food preparation area
- Locates all ingredients
- Puts ingredients away after use
- Opens/closes containers
- Recognizes appropriate pot/pan to use

