

## Life Skills -Week 11

### Maths Activity

- A Day Out Life Skills Activity  
(see separate sheets)

### Literacy Activity

Reading food labels and packaging.

- Help make a shopping list with your family
- Decide if items on your shopping list are **needs** or **wants**
- Read and discuss food labels, identify the following:
  - Best before and use by dates
  - The number of people that it will serve
  - The cost of each item
  - The cooking instruction that it gives

### Energy Saving

- How to keep a room warm – close doors and windows
- How to save energy when leaving a room – switch off lights, TV's and all devices in that room
- Show ways to save water: 1. Use the plug or a basin to wash dishes. 2. Collect rainwater to water the garden, flowers etc. 3. Turn off the tap correctly.
- Saving energy in the kitchen. 1. Hang out washing instead of using the tumble dryer. 2. Use the washing machine and dishwasher only when there is a full load. 3. Only boil the correct amount of water that you need in a kettle.

(Discuss these with your family members, maybe make an energy saving poster for you home)