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| **MEALS AT HOME**  The skills assessed in this section are comprised of a wide range of appropriate mealtime eating skills and behaviors necessary to function independently and to have meals at home and to be at socially enjoyable events. Learning to eat with utensils, setting the table, serving food to self and others, knowing and following socially acceptable table manners are covered in this section. | **HOUSEHOLD MECHANICS**  Basic household living requires a tremendous amount of knowledge about how things work. Just about everything involved in the home has to be turned on/off, twisted, pulled/pushed or manipulated in some way in order to operate items in the home. There are a variety of skills assessed in this section which include opening various doors and locks, windows, using keys, tools, ladders, making repairs, adjusting thermostats, replacing batteries, etc. |
| **DISHES**  When meals are finished, learners should be expected to regularly and independently contribute to the post-meal clean up. This section assesses skills such as setting the table, loading, operating and unloading the dishwasher, washing dishes by hand, and putting away clean dishes. | **LEISURE**  During “down times” or breaks or when the learner simply has “free time”, the learner should be able to choose appropriate leisure tasks to provide an important balance in life. Listening to music, watching TV or DVDs, playing video games, using a computer, playing card and board games are all included in the assessment of indoor leisure activities. Outdoor activities and games involving social and peer components are also assessed. |
| **CLOTHING AND LAUNDRY**  It is important to know how to care for one’s clothes. The Clothing and Laundry section reviews the learner’s ability to identify clean from dirty clothes, separate whites from darks and colors sort clothes to be washing in the machine or by hand and determine dryer or non-dryer items. The skills involved in operating a washer and dryer, folding and putting away laundry, stacking clothes into drawers and hanging clothing are also included. | **KITCHEN**  Having a wide range of kitchen-related skills allows the learner to independently obtain food and drinks as desired and makes it possible for the learner to participate with others in the preparation of meals. The learner must know which things go into the pantry, refrigerator, freezer or in the cupboards. Learners must have an awareness of safe kitchen practices such as using caution around dangerous kitchen items and safely handling and storing foods. |
| **HOUSEKEEPING AND CHORES**  A range of housekeeping skills and chores are assessed in this section. Routines when entering and leaving the home, making beds, cleaning floors and countertops are assessed in this section. Additional tasks such as sweeping, vacuuming, feeding pets, watering plants, storing items and other indoor chores are included. Raking leaves and shoveling are two of the outdoor chores assessed. | **COOKING**  The Cooking area assesses liquid and solid measurement, pouring, mixing, cutting, baking, and following simple and more complex recipes. Advanced safety skills and working with more dangerous kitchen items and appliances are also covered in the Cooking area. Because cooking involves the use of sharp objects and heat producing appliances, maximum supervision and caution should be exercised when assessing on attempting to teach cooking skills. |

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