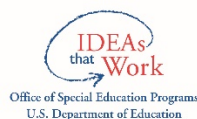


Home Management- Food Preparation

Adapted with permission from the Helen Keller National Center

The purpose of this checklist is to consider some specific skill sets that correlate with living a holistic and successful life and to determine whether skill gaps exist. You, as the parent, and your son/daughter then decide whether the “gaps” are things that you are going to purposely teach (or find a teaching resource); or whether partial or full participation/support is necessary and sufficient for son or daughter.

The young adult:	Teach it	Does he/she (or Do I) want to learn it?	Partial Participation	Fully support (do for)
Washes hands before handling food				
Sets table for self				
Sets table for group				
Operates toaster				
Uses manual can opener				
Operates coffee maker				
Heats/cooks on stovetop				
Sets oven/does simple baking and broiling				
Gets/prepares beverages				
Measures and mixes wet-dry ingredients				
Plans balanced meals				
Prepares basic meals				
Cooperates with others in preparing meals				
Peels, slices, chops and grates food				
Spreads with a knife				
Pours syrup, ketchup, etc.				
Opens containers/packages				
Uses appropriate utensils for cooking				
Removes ice from trays/refills trays				



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