Ways to support your child in Home Economics (VI)

Encourage your child to be as independant as possible

**Give your child simple tasks in the kitchen for example:**

Washing dishes

Drying dishes

Wiping the table

Grating cheese/carrots (IKEA do really good graters with a non slip base for £2.20!)

Washing fruit/vegetables

Putting bread in the toaster

Spreading their own butter on toast

Setting the table or getting their own cutlery

Placing their dirty dishes beside the sink

Chopping soft fruit/ vegetables

**Encourage your child to explore a range of foods.**

Touch, and taste (even if it is just a tiny bit) a range of different foods

**Expand their vocabulary**

Describe how foods taste/feel for example- spicy, sweet, crunchy, smooth, bubbly

Name different foods they are eating or see in the supermarket

**Use Maths**

Talk about the cost of different foods

Count out the right number of knives/forks/spoons for dinner

Give plenty of praise when your child attempts new tasks

Allow some extra time for your child to complete tasks

Ways to support your child in Home Economics (AI)

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**Expand their vocabulary**

Describe how foods taste/feel for example- spicy, sweet, crunchy, smooth, bubbly

Name different foods they are eating or see in the supermarket

Look at the names of different foods in recipe books

**Use Maths**

Talk about the cost of different foods

Count out the right number of knives/forks/spoons for dinner

Give plenty of praise when your child attempts new tasks

Allow some extra time for your child to complete tasks