

EDUCATION TAKING PART IN CLASS WORK

HOME ECONOMICS

Home economics can help your child to make healthy choices, prepare healthy food and be more independent. As a practical subject it can be difficult for some children.

STRATEGY IDEAS

Talk to the School Home Economics Staff:

Home Economics staff want all children involved in making healthy choices and may be able to help with:

- Recipes being in picture form rather than written.
- Photo cards of recipe stages, equipment needed, ingredients.
- Having a range of useful equipment.
- Non slip mats placed under bowls to stop them sliding.
- Strips of non-slip material wound around the handles to give a more secure grip.
- Easy grip utensils such as the “good grip” range.
- Ergonomically shaped knives, where handle and blade are at an angle to each other.



[The SQA have guidelines on the types of assistance and equipment that can be used](#)

Talk about Home Economics to your child:

- What do they find hard?
- What do they like to eat?
- What would they like to prepare?

Start with making a snack not a full meal:

- A sandwich.
- Buttering warm toast.
- Making fancy biscuits by joining digestive biscuits with chocolate spread or jam add more chocolate spread on top and then decorate with sprinkles. Yum!



Make things easier:

- Spoon the spread onto the bread then spread with a knife rather than fishing out of the jar with a knife.
- Use a non-slip mat (or even an ordinary place mat) under the plate to stop it sliding around
- Steady the item you are spreading onto with your other hand. You could use a flat hand or a fork.
- Work on a bread board rather than a plate; it gives you more space and is less likely to move around.

Spreading:

- Spreading onto hard material first e.g. toast, crackers, digestive biscuits, granary bread and working down to softer bread.
- Spreading with the back of a large spoon instead of a knife for jam or thicker spreads like chocolate spread.
- Spread thicker substances like chocolate spread or jam instead of butter, syrups.
- If spreading butter, use a spreadable butter or margarine rather than a block of butter.



It is important that your child is supervised when using kitchen utensils, the cooker, toaster or kettle.