

How to Fold a Sweatshirt



You will need:

- a tray/drawer
- a small sweatshirt

What to do

1. Collect the sweatshirt and tray/drawer
2. Remove sweatshirt and open it out so that it lies flat on the table.
3. Turn the sweatshirt over so that you can see the back.
4. Take the left hand side and fold it half of the way to the middle.



5. Fold back the left sleeve.

6. Do the same with the right hand side.
7. Take the bottom of the sweatshirt and take it to the top, making a fold in the middle.
8. Turn the sweatshirt over and neaten it.
9. Carefully place the sweatshirt in a drawer or on a shelf.

Other Ideas:

Folding a small shirt/blouse. Buttons may have to be undone and hangers removed.

Plaiting Hair



Note: Before doing this frame, you should have previously done the plaiting frame with 3 different coloured ribbons.

You will need:

- Hair plaiting frame.
- 2 hair ties

What to do:

1. Remove elastic band or hair tie from the plait on the left hand side.
2. Starting at the bottom of the plait on the left, unravel it, leaving the hair in three separate strands.
3. Lift the right strand of hair (holding it at the bottom) and cross it over the middle strand.
4. Holding the left strand in your left hand, lift the left strand and cross it over the middle strand.
5. Push it together neatly.

6. Repeat Steps 3 - 5 until 5 cm of hair is left unplaited
7. Put a hair tie on the end of the plait.
8. Repeat with the plait on the right.

Sewing on a Button



You will need:

- a tray or basket
- small pieces of cloth about 10 cms x 10 cms
- a container of buttons
- a container with cotton
- a needle case or pin cushion
- scissors
- protection mat
- a sticky label

What to do:

1. Gather items together on to a tray if the tray is not ready for use, then carry the tray to the table.
2. Lay out the mat.
3. Place the box containing the buttons on the top left of the mat.
4. Choose piece of material to sew the button on to and place it next to the button a little further to the right.
4. Put the container with thread, scissors and needle in that order in a horizontal line next to the material across the top of the protection mat.

6. Choose a button, replacing the lid on the box.
7. Take the piece of material and place it in front of you with the button on the top.
8. Cut a piece of thread as long as your arm.
9. Thread the needle and use cotton the cotton double, tying it with a knot near the end.
10. Hold the button and material in the hand that you do not write with.
11. From underneath the material push the needle up through a hole.
12. Bring the needle down from the top into the other hole.
13. Repeat steps 10 to 12 about 8 times, ending up with the cotton on the back on the material.
14. Do 2 stitches on top of each other and cut off the ends of the cotton.
15. Write your name and the date on a sticky label, and stick it on the back of the material.
16. Put your work in your work folder or work tray.
17. Put any unused thread in the bin.
18. Put items back on tray and return to where you found them if the tray was not made up, or if it was, return the tray to the shelf.

Other ideas:

- Use 2 and 4 holed buttons of different sizes - large 2 holed buttons are easiest, and tiny 4 holed buttons such as those used on shirts or thobe, the most difficult
- Use toggles of the type used on duffle coats

Washing Hair

You will need:

- shampoo
- conditioner
- comb
- brush
- towel
- sink with shower attachment

What to do:

1. Remove any hair ties.
2. Turn on cold tap and then the hot.
3. Test the temperature with your hand before wetting your hair. Adjust if necessary.
4. Wet your hair thoroughly all over and then turn off the taps.
5. Using the hand you use for writing, pour the shampoo into palm of your other hand, (or pour the shampoo into a small container.)
6. Carefully lift hand holding shampoo to the top of the head and then massage into hair spreading it all over back, sides and front. Rub all areas of scalp quite hard with finger tips of both hands to improve blood circulation to the scalp (head surface).
7. Repeat Steps 2 to 4 in order to rinse the shampoo out of your hair.
8. Using writing hand pour conditioner into palm of non-writing hand, enough to cover inner area only, well of palm. (This could be pre-measured into small container).
9. Carefully lift the hand holding conditioner to the top of the head and then massage into hair spreading it all over back, sides and front.

10. Comb through gently to remove any tangles and leave for two minutes.

11. Turn on cold tap and then hot tap gently, test temperature with hand before wetting hair.

12. Rinse hair thoroughly all over head and then turn off the taps.

13. Dry hair.

Other ideas:

Wash your friend's hair.

Treating Snake Bites in the Desert

You will need:

- a strip of cloth
- neem leaves
- a friend to work with



Neem leaves
(Azadirachta indica)

What to do:

1. If a snake bites you, for example on your wrist, immediately take a cloth and tie your wrist few inches from the bite to avoid the poison from spreading.
2. Then suck out the blood from the wound and spit out it around 2 - 3 times.
3. Next take the antiseptic leaves (like neem or any other) crush them and squeeze the juice from the plant on to the bite.
4. Go to hospital straight away.
5. You must keep awake and not go to sleep, until you have had proper medical treatment.

Note:

1. You should role play this exercise with a friend. Take it in turns to pretend to be bitten.
2. Do not suck blood out of another person because you can catch diseases such as Aids or Hepatitis.
3. It is not dangerous to suck out snake venom because it is only harmful in the blood, not in the mouth.

Boiling Eggs



You will need:

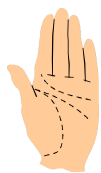
- a cookery apron
- a tray
- an egg for each person
- a saucepan
- saucepan stand or heatproof mat
- oven gloves
- some water
- a pinch of salt
- a used matchstick
- a large slotted spoon
- a teaspoon for each person
- a small tea plate for each person an eggcup for each person

What to do:

1. Invite a friend(s) to have an egg with you.
2. Wash your hands.
3. Put on your apron.
4. Carefully put one egg for each person into the saucepan.

5. Cover the eggs with water.

6. Add a pinch of salt and a matchstick.

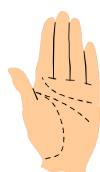


7. Ask a grown up to help you light the hob.

8. When the water starts to boil, set the timer to 3 minutes.

9. Set out the eggcups on plates with teaspoons on the tray.

10. When timer rings, turn off hob.



11. Use oven gloves to lift the saucepan on to a saucepan stand.

12. Use slotted spoon to remove eggs, and place them in eggcups.

13. Throwaway the water and matchstick. Rinse the saucepan and leave it to dry.

14. Carry the plates to a snack or lunch table. Invite a friend(s) to join you.

15. Wash up and tidy away. Put the eggshells in the green bin.



Boiling New Potatoes



You will need:

- a cookery apron and a tray
- 3/4 potatoes for each person (to be taken from the garden)
- A sprig of mint (to be taken from the garden)
- Scissors and a spade
- a saucepan and a colander
- water
- a bowl for the peel and a serving bowl
- a knife, fork and plate for each person
- a serving spoon
- some butter

What to do:

1. Invite a friend(s) to have boiled potatoes with you or cook them for the class lunch.
2. Take the colander and scissors and go to the garden.
3. Dig up the right number of potatoes (3/4 for each person) and put them in the colander.

4. Go to the herb garden and cut a sprig of mint with the scissors..

5. Wash your hands and put on your apron.

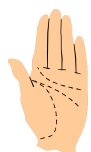
Mint sprig
(*Mentha viridis*)



6. Wash the potatoes carefully in the colander in the sink, removing any mud or soil that is on them.

7. Rinse the sprig of mint with water.

8. Put the potatoes and mint into the saucepan and cover the potatoes with water.



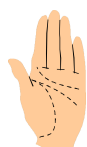
9. Light or turn on the hob.

10. Put the saucepan on the hob, and when the water starts to boil, turn the hob down so that they are just simmering.

11. Put a lid on the saucepan, and set the timer for 20 minutes.

12. Set out the plates with the knives, forks and the butter on the table.

13. When the timer rings, turn off the hob.



14. *Ask an adult* to help you strain the potatoes through the colander.

15. Transfer the potatoes from the colander into a serving bowl.

16. Throwaway the water, rinse the saucepan and leave to dry.

18. Carry the potatoes to the table. Invite a friend(s) to join you.

19. Wash up and tidy away.

Other Ideas:

Boiling (peeled) older potatoes

Making mashed potato

Making Breakfast

You will need:

- Orange juice
- A glass
- Cereal
- Milk
- Empty cereal bowl
- A dessert spoon
- A serviette
- A tray

What to do:

1. Pour orange juice into the glass holding the jug or carton carefully.
3. Pour cereal into the empty bowl using both hands on the packet. Only half fill the bowl.
4. Hold the jug or carton of milk carefully, and slowly pour the milk over the cereal.
5. Place all the items on the tray including the serviette.
5. Take the tray to the table and lay out the breakfast.

Other ideas:

Prepare other breakfast foods i.e. toast, porridge, pancakes

Make your own muesli for breakfast

Prepare other meals i.e. lunch or dinner

Making Salad Dressing



You will need:

- a cookery apron
- a tray
- marked containers of olive oil, vinegar, salt and pepper
- a salad dressing bottle with lid.
- a funnel
- a set of measuring cups
- a spare tray/bowl for used equipment

What to do

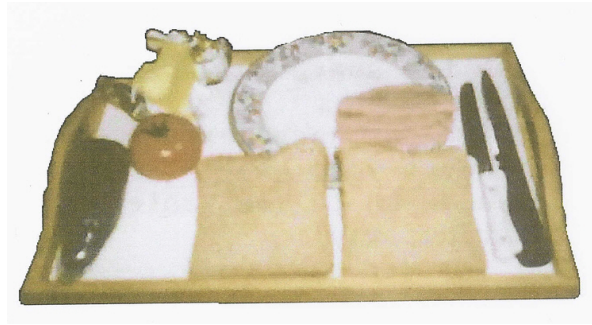
1. Wash your hands.
2. Put on your apron.
3. Put the funnel into the salad dressing bottle.
4. Find the measuring cup for $\frac{1}{3}$ of a cup, and pour some olive oil into this cup.
5. Next pour the oil carefully through the funnel into the salad dressing container.

6. Find the cup which measures $\frac{1}{8}$ of a cup.
7. Pour the vinegar into this cup.
8. Next pour the vinegar carefully through the funnel into the salad dressing container.
9. Remove the funnel and place on the spare tray.
10. Add 2 shakes or pinches of salt and also 2 shakes or pinches of pepper.
11. Put the lid or cork on the salad dressing bottle. Make sure it is on tight.
12. Shake the bottle, and continue shaking as you count to 60. (You may prefer to use a timer set for 1 minute).
13. Wash the measuring spoons and funnel.
14. Now the salad dressing is ready to use.

Other ideas:

- Mark the salad dressing container with lines for the correct amounts of oil and vinegar.
- Use balsamic vinegar.
- Add mustard or a little fresh lemon juice.
- Make a bottle of dressing and decorate it with ribbon for a gift.
- Choose an interestingly shaped bottle. Pour in oil only and add rosemary or another herb.

Making Sandwiches

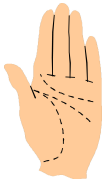


You will need:

- a cookery apron
- a tray
- 2 slices of bread
- a plate for each person
- a butter knife
- a sharp knife
- a chopping board
- butter (or spread)
- ham (or other filling that you like)
- a tomato
- a cucumber

What to do:

1. Invite a friend to have a sandwich with you.
2. Wash your hands.
3. Put on your apron.
4. Carefully use the butter knife and spread some butter or margarine on to the bread.
5. Put one slice of bread onto your plate.

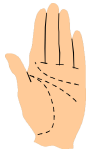


6. Using the sharp knife and the chopping board, carefully cut 6 slices of cucumber and some slices of tomato.

7. Put the ham on top of the slice of bread on the plate.

8. Put the slices of cucumber and ham on top of the ham.

9. Carefully put the other slice of bread on top of the fillings (buttered side down).



10. Use the sharp knife and cut your sandwich into triangles or rectangles - whichever shape you like.

11. Make a sandwich for each person.

12. Put the left-over food away in the fridge.

13. Carry your sandwiches to the table to eat.

14. Wash up and tidy away.



Using a Peeler



You will need:

- Selection of vegetables or fruit in a basket
- Chopping board
- Sharp knife
- Peeler
- Small green bin
- Empty food storage box

What to do:

1. Wash and dry hands.
2. If you are preparing a vegetable like carrots, cut the tops and bottoms of all the carrots off, and put them in the small green bin.
3. Pick up peeler in writing hand (as photograph.)
4. Hold fruit or vegetables in other hand.
5. Using your writing hand balance thumb on fruit (or vegetable) at nearest point to your body. Drag blade part of peeler from top to bottom of the fruit (or vegetable) pushing blade into fruit as it moves down.





6. Deposit peel or skin in waste bowl.

7. Repeat using the peeler several times until all the peel is removed and deposited in the green waste bin.

8. Cut fruit or vegetables into smaller pieces if necessary and place in snack area.

9. Take the green waste bin and empty it into the compost bin outside.

10. Rinse the bin with clean water.

11. Wash up, dry the things you have used, and put them away.

Other ideas:

Slicing fruit or vegetables

Preparing Carrots Julienne

