



**Oakwood Academy**  
A Visual Arts, Technology & Sports College

# PERSONAL DEVELOPMENT HOME LEARNING

Oakwood Academy Sixth Form College

# BASIC LEARNING IN PERSONAL DEVELOPMENT

- ▶ These programmes allow you to develop and recognise a range of skills that will be invaluable when you start work and living independent lives: teamwork, Independent Learning, Coping with Problems and Using Maths, English and IT.
- 

# LEARNING TASK - HOME MANAGEMENT



- ▶ Plan and prepare a healthy snack for one person that would be suitable for a packed lunch.

# LEARNING TASK 2 - HOME MANAGEMENT



- ▶ Tidy and clean a room.

# LEARNING TASK 3 - HOME MANAGEMENT



- Wash and iron items of clothing for yourself

## ▶ Learning task 3 - HOME MANAGEMENT



Make a shopping list of all the household items (food, cleaning materials etc.) you think an average household would need for a week. Use two home delivery shopping sites and compare the prices of the items on your list.

## ▶ Learning task 4 - HOME MANAGEMENT



Show how each of the following foods should be stored correctly:

- Raw meat/fish
- Cooked food
- Fresh fruit/veg
- Dairy food
- Frozen food

- ▶ Please keep evidence of your work. Each module (PowerPoint) is worth 1 credit towards an ASDAN qualification.

