

# Helping round the Home

*IMPORTANT Parent or Carer –  
Check that you are happy with any weblinks or use of the internet.*

## Activity 1 – Preparing meals Make your own breakfast

### What to do

- Talk about hand hygiene, getting everything ready first and the best order to carry out each task.
- Reduce risks of spilling and wastage by decanting milk into a small jug, cereal into a smaller container and jam or spread can be spooned onto a plate –*this will need some patience and lots of praise.*
- Consider which tasks will always need adult input (toasting bread) and which can be increasingly left to your child as they become more confident (pouring cereal from a box).
- Example breakfast tasks:
  - i) Laying the table
  - ii) Spreading butter and jam on toast
  - iii) Pouring cereal and then milk into a bowl
  - iv) Breaking eggs and mixing batter for pancakes
  - v) Clearing up after eating

### What you need

Breakfast food  
Jugs, bowls and spoons for decanting  
Cutlery and crockery



### Extension

Create a list of breakfasts together and encourage your child to choose and organise what they need each morning. Make breakfast for someone else.

### Questions to ask

What must we always do before cooking and eating? *Wash hands!*  
What ingredients will we need?  
What do we need to put on the table?  
How can we slow down how fast the cereal will come out of the box?  
What's your favourite breakfast?