I can apply practical life skills in everyday living

Statement code no. HEJC1

I can:

<table>
<thead>
<tr>
<th>I have begun</th>
<th>I am working on this</th>
<th>I can</th>
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This has been demonstrated by my ability to:

1. Prepare myself and my work area before I start to cook, for example, wash hands, put on an apron and set up my unit

2. Weigh and measure food accurately

3. Follow a recipe

4. Prepare foods from the food pyramid following the correct method, for example washing, peeling, chopping, dicing, grating, slicing, mixing, kneading, rolling

5. Wash up, dry up and leave the space ready for the next person

6. Use creativity in designing/presenting food and textile items

7. Demonstrate basic hand/machine sewing

8. Demonstrate ways that fabrics can be decorated

9. Make and evaluate a food/textile item/s

10. Use feedback to help my learning

Reflecting on my learning...

One thing I did well...

One thing I might improve...

I really enjoyed......because...