

ACTIVITY NAME: Planning meals for tomorrow or next days.

EDUCATIONAL AREA OF REFERENCE: Autonomy at home - eating on one's own

OBJECTIVES:

- Autonomous creation of daily menu.
- Autonomous food shopping

NUMBER OF PARTICIPANTS:

1 professional / caregiver + 3 persons with Down Syndrome

TIME NEEDED:

3 hours (including shopping)

DESCRIPTION:

1/ Find out if the person has any dietary restrictions or food allergies

2/ Find out the person's daily routine (food at school/work)

3/ Write a menu for one day at the beginning, add more days later - according to the person's preferences, add "at school/work" to the meals at school/work

4/ Look for a suitable recipe of the meal which should be prepared, including quantities of ingredients according to the number of people.

5/ Clarify what dinners will look like - healthy, cold/warm etc - discuss how the person wants to eat, what their preferences are, incorporate healthy food, include a small explanation about healthy food.

6/ Check leftover food in the household (e.g. I will buy butter when it runs out)

- 7/ Creating a shopping list according to the menu, keeping to the quantity of food!
- 8/ Calculate the preliminary price of the purchase (estimate e.g. according to the leaflet of a popular store)
- 9/ Prepare money for shopping
- 10/ Shop in the store (under supervision), practice shopping also via self-service terminal and methods of payment (cash, card), placing basket/bag
- 11/ At home, sort food purchased - fridge, freezer, food cupboard
- 12/ Education on how to package open food (e.g. an open packet of cheese)
- 13 Stick the shopping receipt in a notebook showing how much the purchase cost