













INDEPENDENCE







First Name



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Address		
Worker		

DAILY ROUTINES







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Why should I bother with a daily routine?

COMPLETED STAFF SIGNATURE



USING A LAUNDRETTE

	Using the laundrette?
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	3 How can you economise?
COMPLETED STAFF SIGNATURE	

MANAGING MONEY

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1	_	d list the different sources hat a person could receive.
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2	where your	e sources of income, list own income comes from uch it is per week.
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		TOTAL £
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WEEKLY Expenditure	PAYMENT METHOD		EACH WEEK	
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			LOOK AT YOUR TOTAL I	
			EXPENDITURE; WORK MUCH MONEY YOU HAVE	
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COOKING WITH MEAT & FISH



3 How should you store raw meat/fish?

COMPLETED	STAFF SIGNATURE	

Why is raw meat/fish a special ingredient when cooking?

COMPLETED STAFF SIGNATURE

How should you cook meat/fish?

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What should you look for when buying meat/fish to ensure its good to buy?

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State some ways you can prevent cross contamination when preparing food?

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WITH YOUR SUPPORT WORKER. PLAN A MEAL TO COOK FOR YOURSELF. BUDGET & BUY THE INGREDIENTS. THEN PREPARE & COOK THE MEAL

RECIPE CHICKEN STEW

INGREDIENTS

1 ONION

2 POTATOES

3 STICKS CELERY

2 CARROTS

4 CHICKEN THIGHS

70G BUTTER

70 G PLAIN FLOUR

1.5 LITRES CHICKEN STOCK

MIXED HERBS

METHOD

Preheat oven to 150C. Cut up all veg and put in into a casserole pot. Add mixed herbs.

Melt butter in pan and brown chicken on high heat, turning thighs every 15 seconds until golden.

Put chicken in pot with the veg. Add flour to the butter/juices, stir together, and slowly add chicken stock bit by bit, making sure the sauce is smooth before adding the rest. Once done add your sauce to pot.

Cook for 3-4 hours in the oven, until chicken is cooked through.

2 SERVINGS



