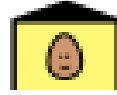
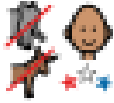


# Life skills

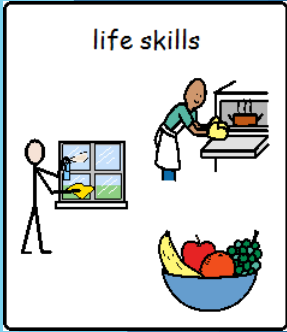
Independent Living



# Topic: Independent Living

life skills



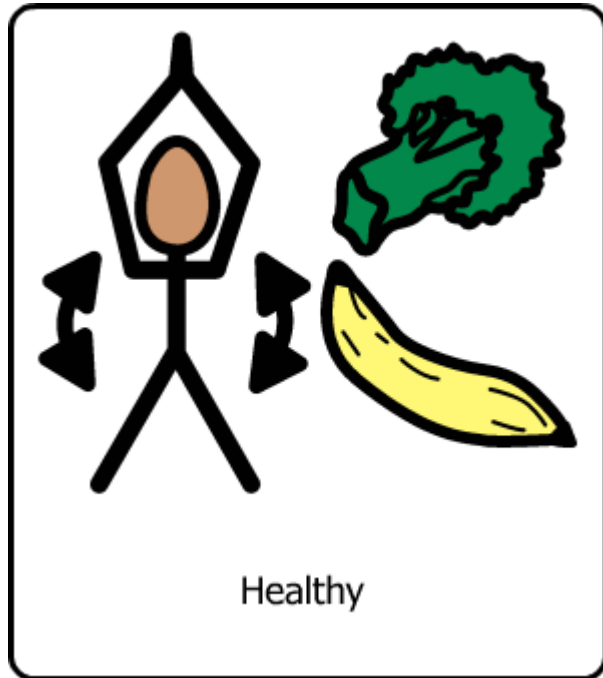


LO: To identify healthy food



LO: Make a healthy meal or snack

# Key words:

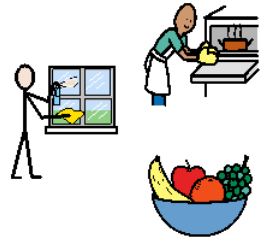




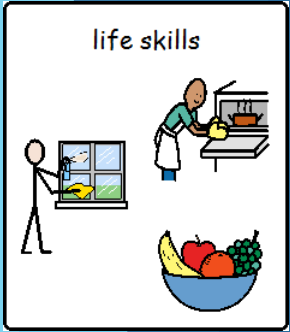
Choose the healthy option



life skills

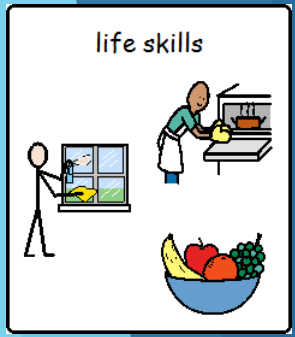


  
Choose the healthy option



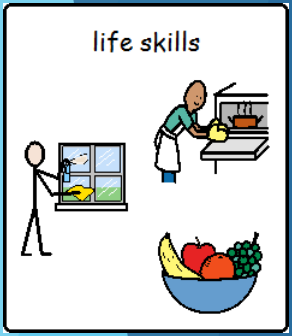


Choose the healthy option





Choose the healthy option







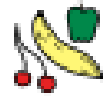
Choose the healthy option

life skills





A



Make a fruit smoothie

life skills



# Fruit Smoothie

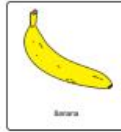
## Ingredients:



One yoghurt



Strawberries



Banana



Pineapple



Orange juice

## Recipe:

1.



Chop



1 cup



Strawberries

2.



Chop



Half cup



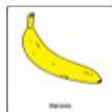
Pineapple

3.



Chop

1



Banana

4.



Blend



Chopped



Fruit



Half cup



One yoghurt



2 cups



Pineapple

Use the recipe or choose your own fruit.

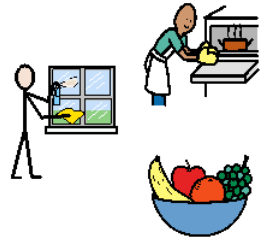


# A



## Make a healthy meal

life skills



### Quorn Chilli

#### Ingredients

- 1 onion
- quorn mince
- Chilli powder smoked paprika
- Microwaveable rice
- Tinned Tomatoes and tomato puree
- Garlic
- Peppers
- Courgette
- Kidney beans
- sweetcorn
- Coriander



#### Method



Finely chop the onion .



.Wash and chop mush-rooms. and courgettes.



Wash and chop the pep-pers.



Open tin tomatoes.



Open the kidney beans.



Open the sweetcorn



Get the sauce pan and add oil.



.Fry the onion until soft. Remove from the heat and leave to cool for 5 mins.



Add peppers and mush-rooms.



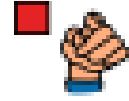
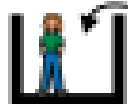
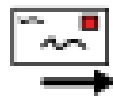
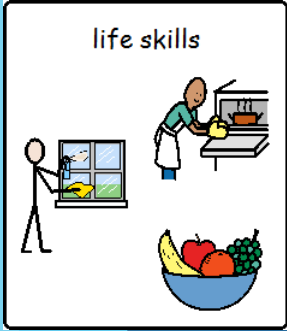
Add quorn mince if us-ing.



Add beans, tomatoes , sweetcorn and spices. Sim-mer for 15 minutes until vegetables are cooked.



Microwave the rice according to packet in-structions.



Don` t forget to send in your work and pictures