

**Home Living / Daily Living
Lesson Plan—Developing
Shopping List**

Instructional Area: Leisure Community Home Living / Daily Living
Ability Level: Emerging Developing Mastery

Topic / Skill Outcome:

- Cooking: Students will be able to make a shopping list

Learning Area(s):

- Literacy
- Communication
- Personal Resource Management

Purpose of Lesson / Objective:

- Efficient grocery shopping using a list
- Inventory items at home before shopping

Materials / Equipment / Environment:

- Paper
- Pencils, pens
- Pre-made pictorial list (such as the one showing grocery store departments), specified with sizes
- Recipe(s)
- Pictorial cards of food items (those that will be needed and some that will not) with specified sizes indicated where possible

Group Size: 2-6, Will Vary

Time Required: Individualized

Lesson Procedure:

1. Discuss why it is important to know what groceries one has on hand vs. which ones are needed and how you determine this
2. Discuss a tool (grocery list) that helps people keep track of what they need (and helps them to stay focused while in the store)
3. Explain pre-made list (if using one) discussing the types of items found in each aisle/department
4. Discuss what recipe(s) will be made by the students in the near future, and what ingredients are needed to prepare those recipe(s)
5. Have the students search for the needed ingredients, and to decide if the amount on hand is enough, or if the ingredient needs to be put on the grocery list
6. Have students practice making a grocery list of the needed items
7. Role play shopping without a list / unprepared VS shopping with list / prepared

Carry Over / Related Activities:

- Have the students take their lists to the grocery store and shop for the items
- Explore the different package sizes in which each item is sold, and have students determine what size they need to purchase

Supporting Activities / Possible Adaptations:

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- A picture symbol list can be made by students in place of a grocery list

Strategies for Participation:

- Have students start to prepare a recipe and discover that they don't have some of the ingredients available in order to complete the recipe. Have students speculate on how this problem could have been avoided.
- Have students talk about possible problems of going grocery shopping without a list when they know they have several items they need to purchase.

Student Reaction/Evaluation:

- Pre and Post Data
- Frustration / confusion vs satisfaction /enjoyable
- Finished or unfinished cooking project