**Home Help Record Sheet**

**MEAL,**  PLAN, COOK AND SERVE A SIMPLE 1 COURSE MEAL

**WASH UP,** WASH UP AFTERWARDS SHOW HOW TO CLEAN A SAUCEPAN ETC,

THIS MAY ALSO INCLUDE LOADING AND UNLOADING A DISHWASHER

**WASHING,**  HELP SORT OUT THE WASHING, LOAD AND UNLOAD WASHING MACHINE

**IRONING,** IRON AT LEAST TWO ITEMS, UNIFORM KNECKER PILLOW CASES

**TIDY LIVING ROOM** CLEAN AND TIDY A LIVING ROOM, BEDROOMS

**SEW** SEW ON A BADGE OR BUTTON

**CLEAN** CLEAN 2 OF THE FOLLOWING, WINDOWS, BRASS-WORK, BASIN, CUPBOARDS

**LINEN** TAKE SHEETS, PILLOW CASES AND DUVET COVER OFF A BED AND RE-MAKE, MAKE YOUR OWN BED FOR 1 WEEK

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| **ELEMENT** | **ACTIVITY** | **WITNESS** | **COMPLETE** |
| MEAL |  |  |  |
| WASH UP |  |  |  |
| WASHING |  |  |  |
| IRONING |  |  |  |
| TIDY LIVING ROOM |  |  |  |
| SEW |  |  |  |
| CLEAN |  |  |  |
| LINEN |  |  |  |
| MAKE BED |  |  |  |