

Course: Lifeskills

Instructor: Dalynn M. Dowling

Instructional Plan

Course Content Description Template

Provide a brief overview of the course content, including key topics and themes covered throughout the course.

Students will learn to create a shopping list according to the food items needed to prepare and complete a selected recipe. Students will collect the food items needed at the grocery store on a shopping trip from the previously created shopping list. Students will set the table, prepare food (wash as needed, cut and cook) then serve meals. Students will clear the table, wipe it down and complete dish washing as needed from all used kitchen utensils/tools used during the meal preparation/cooking.

Students will learn to run the washing machine and dryer to complete basic laundry tasks. Students will learn to fold the fresh laundry/clothes.

Major Assignments and Projects Template

List the major assignments and projects for the course, including their purpose and any relevant deadlines or evaluation criteria.

Complete a shopping trip
Complete proper table setting
Prepare a complete meal and serve
Complete basic laundry tasks to include washing, drying and folding.

Required Textbooks and Instructional Materials Template

List the textbooks and other instructional materials required for the course, including authors, publication dates, and any additional resources needed for successful completion.

Groceries

Meal Plan/Cook book

Dishes/dish soap

Laundry detergent