

Name: _____

Week of 28 April 2025

Practical Life Homework

Cheese Grating

Materials:

- Child-safe cheese grater (or a small handheld grater with adult supervision)
- Small block of semi-soft cheese, e.g., cheddar or mozzarella
- Small plate
- Apron or smock
- Small tray

Instructions:

1. Wash and dry your hands.
2. Put on your apron. This will help you stay clean and get ready to work.
3. Place the child-safe grater on the plate.
4. Hold the grater firmly with your subdominant hand.
5. Holding the cheese with your dominant hand, place it against the top of the grater. Be sure to hold the cheese with your fingers curled inward so that your fingers do not touch the grater.
6. Grate the cheese using downward strokes. Move slowly and carefully.
7. Stop grating when there is a desired amount of cheese on your plate.
8. Put your grater and cheese away, and hang up your apron.
9. Enjoy the snack you have prepared! Sprinkle the cheese on a piece of bread or crackers, or eat it on its own.



If you would like to send in a 3x5 hard copy photo of your child performing this task, we will be happy to post it on our Community at Work bulletin board. Seeing themselves on the board gives them a greater sense of pride and encourages independence.