

Name: _____

Week of 10 November 2025

Practical Life Homework
Food Preparation: Slicing a Banana

With the supervision of an adult, encourage your child/ren to peel and slice a banana.

Instructions:

1. Wash your hands.
2. Put on an apron if you have one.
3. Carefully carry a cutting board and a place mat to a table.
4. Place the cutting board on top of the place mat.
5. Carefully carry a child-safe knife and a fork to the table. Carry the knife with the blade pointing down and the fork with the tines pointing down.
6. Carefully carry a small bowl, small plate and a banana to the table.
7. Place the banana on the cutting board.
8. Your adult should either cut the banana into halves or thirds and make a slit in each piece, or make a cut to the top of the banana.
9. Hold the banana in your subdominant hand and peel the banana with your dominant hand.
10. Place the peel in the bowl.
11. Carefully slice the banana into smaller pieces.
12. Transfer the banana slices from the cutting board to the plate.
13. Move your cutting board to the side and place the bowl with the banana peel on top of it.
14. Place your plate with the bananas you sliced on the place mat and use your fork to enjoy your snack:)



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.