

Name: _____

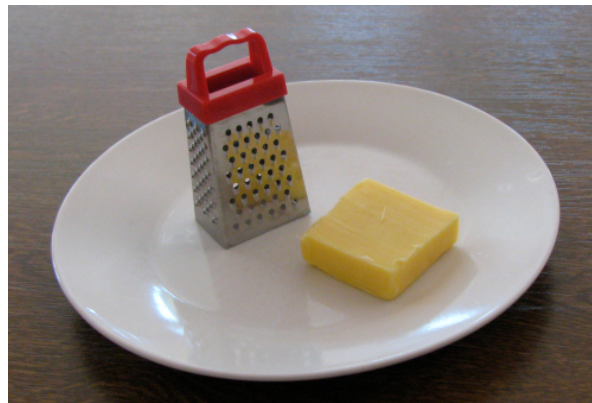
Week of 26 January 2026

Practical Life Homework
Care of Self: Grating Cheese

This fun food preparation activity should be enjoyed with the full supervision of an adult.

Instructions:

1. Wash and dry your hands.
2. Put on an apron (optional).
3. Place a small block of cheese (a carrot is another option) and a child-safe grater on a plate or in a bowl.
4. Carefully carry the plate and its items to a table.
5. Hold the grater, over the plate, firmly with your subdominant hand.
6. 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.
7. Grate the cheese using downward strokes. Move slowly and carefully.
8. Continue grating until you have the desired amount of cheese.
9. Put your grater and cheese away and hang up your apron.
10. 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.