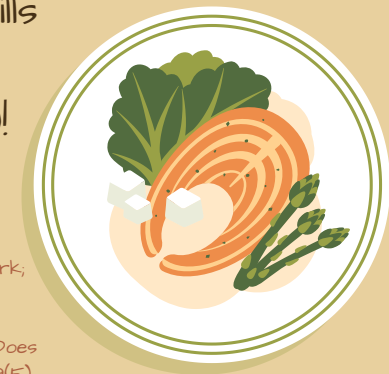
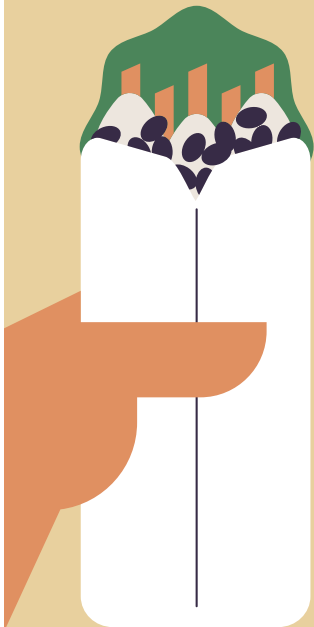


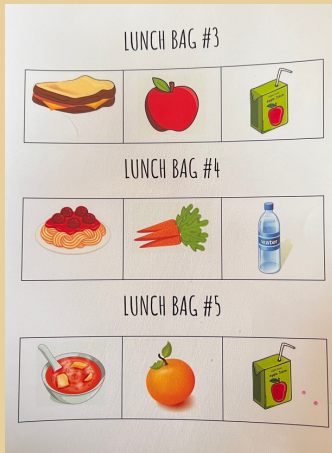
It's Lunch Time!

- Preparing lunch is considered an occupation of everyday life. This means that it is an everyday activity that people engage in to bring more purpose or meaning to their lives.
- This task would be considered an Instrumental activity of daily living (IADL) and falls under the categories of Meal Preparation and cleanup and Health Management.
- Prepping and packing a healthy balanced meal plays a huge role in health and wellness management because it promotes taking care of one's health and overall self to be able to participate in other occupations.
- Packing lunch is a great activity that helps with motor planning skills, executive functioning skills and is also a great vocational activity to promote independence (Tepper et al., 2022)!

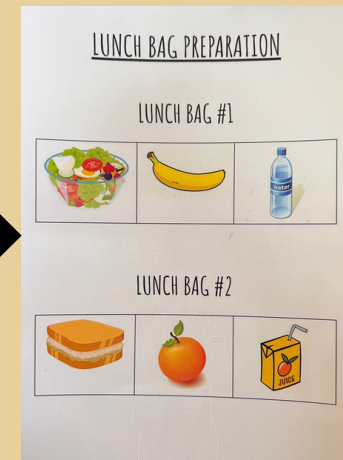


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Tepper, D. L., Howell, T. J., & Bennett, P. C. (2022). Executive functions and household chores: Does engagement in chores predict children's cognition? *Australian Occupational Therapy Journal*, 69(5), 585-598. <https://doi.org/10.1111/1440-1630.12822>



Having visual examples
may help with
understanding and
planning how to prep the
meal



Some examples of the
various components of
the meal



Youtube link:

<https://youtu.be/AMcGkycoxf4>