Task J: Identifying Healthy Choices

Choose the correct answer.   The first one is done for you.

1. Which is better for you, a <u>pear</u> or a candy bar?

2. Which is healthier, cake or fish?

3. Which is better for your teeth, a glass of cola or water?

4. Which is a healthier breakfast, a doughnut or oatmeal?

5. Which should you use to clean a cut, soap and water or a tissue?

6. Which has fewer calories, a brownie or popcorn?

7. Which is a healthier snack, potato chips or raisins?

8. Which has more vitamins, broccoli or a slice of bread?

9. Which is cleaner, a public restroom or an operating room?

10. Which bedtime snack is better for you, a hot fudge sundae or a bowl of fruit?

11. When should you take your temperature, before or after you drink hot coffee?

12. Which is better for a burn, butter or ointment?

13. Which has less salt, apple juice or tomato juice?

14. Which is better exercise, watching TV or walking?

15. Which has less sugar, chocolate cake or whole-wheat toast?

16. Which helps cure a headache, aspirin or vitamins?

17. Which is better for your gums, flossing or gargling?

18. Which has more caffeine, coffee or ginger ale?

19. Which has more calcium, cottage cheese or lettuce?

20. Which has less fat, hamburger or fish?

21. Which is more harmful to you, beer or water?

22. Which has more fiber, whole-grain bread or French fries?

23. Which has lower cholesterol, ice milk or ice cream?

24. Which has more iron, a steak or an orange?

25. When should you have a physical, once a year or only when you're sick?

I.E.P. Goal: The client will identify healthy choices, with 90% or greater accuracy.

Task Q: Comparing Items for Appropriateness

Choose the correct answer to each question.   The first one is done for you.

1.   hot dog   frozen yogurt   shirt

   Which ones can you eat? *hot dog, frozen yogurt* _____

   Which is for dessert? _____

   Why? _____

2.   dryer   oven   grill

   Which ones help you cook? _____

   Which one helps to bake a cake? _____

   Why? _____

3.   spoon   scissors   shovel

   Which ones can dig a hole? _____

   Which one is the best choice? _____

   Why? _____

4.   staple   bubble gum   tape

   Which ones keep papers together? _____

   Which one can you use for a school book report? _____

   Why? _____

5.   gloves   slippers   boots

   Which ones can you wear on your feet? _____

   Which one can you wear in the snow? _____

   Why? _____

6.   flashlight   sun   lamp

   Which ones help you see in the dark? _____

   Which one works in a forest at night? _____

   Why? _____

I.E.P. Goal: The client will identify items appropriate to given situations, with 90% or greater accuracy.

Task L: Using the Calendar

Use a current calendar to answer each question.

1. What day of the week is it? _____

2. What day of the week is tomorrow? _____

3. What day of the week was yesterday? _____

4. In which month do you celebrate your birthday? _____

5. On which day of the week is your birthday this year? _____

6. What day comes after Thursday? _____

7. What day comes before Tuesday? _____

8. What month is it? _____

9. What is the first day of this month? _____

10. What is the last day of this month? _____

11. How many days are in this month? _____

12. What is the next month? _____

13. What was last month? _____

14. What year is it? _____

15. Is there a holiday this month? What is it? _____

16. Which month comes after February? _____

17. Which month comes before June? _____

18. Which month comes before July? _____

19. Which month comes after December? _____

20. What is the last month of the year? _____

21. What is the first month of the year? _____

22. In which month do we celebrate Thanksgiving? _____

23. In which month do we celebrate New Year's Day? _____

24. In which month do we celebrate Presidents' Day? _____

25. In which month do we celebrate Memorial Day? _____

I.E.P. Goal: The client will use a current calendar to answer questions, with 90% or greater accuracy.

Task G: Inferring Feelings from Statements

Read each sentence. Then, match each feeling word to the sentence that describes the feeling. The first one is done for you.

1.   _a_   He took my favorite toy.   a. unhappy
     _c_   I don't want the doctor to give me a shot.   b. glad
     _b_   It's time for the parade to begin.   c. afraid

2. _____ I just won $1,000!   a. sad
   _____ My best friend just moved away.   b. happy
   _____ Help! I can't get out!   c. frightened

3. _____ My mother is two hours late.   a. glad
   _____ I shouldn't have said that to you.   b. sorry
   _____ I got an "A" on my test.   c. worried

4. _____ Someone stole my new bike!   a. angry
   _____ I thought I finished the art project.   b. excited
   _____ I can't believe I won the prize!   c. confused

5. _____ Rita didn't invite me to her party.   a. generous
   _____ Here, have mine. I will get another. b. hurt
   _____ I don't like to sleep in the dark.   c. afraid

6. _____ Tamara said I had the prettiest hair ribbon. a. embarrassed
   _____ I'll never share my dolls with anyone!   b. flattered
   _____ I spilled my lunch tray on the floor.   c. selfish

7. _____ The plane landed safely.   a. relieved
   _____ I guess I can't go to the play.   b. honored
   _____ I was chosen for the solo part.   c. gloomy

8. _____ She always gets to go first!   a. apologetic
   _____ Flowers for me?   b. surprised
   _____ I'm sorry I made you late.   c. jealous

9. _____ I'll never be able to show my face again! a. sympathetic
   _____ Gary says the funniest things.   b. humiliated
   _____ You'll feel better in the morning.   c. amused

I.E.P. Goal: The client will infer feelings from statements, with 90% or greater accuracy.