Cleaning the Kitchen (Pro)

"Hygiene and cleaning schedule, and how-to guide", a free rubric for many of these tasks is at http://autismhousingpathways.net/wp-content/uploads/2014/05/Cleaning_rubric1.pdf

Activities:

Wiping counters, table and stove:

- ☐ Wipe off a kitchen counter with cleaning spray. Do this on three occasions. Do this for a table and for a stove.

Cleaning the sink:

- ☐ Clean the sink independently. Do this on five occasions.

Sweeping:

- ☐ Use a broom and dustpan to sweep the floor independently. Do this on five occasions.

Mopping:

- [ ] Use a mop and a cleaning product to mop the floor independently. Do this on five occasions.
- [ ] Explain the importance of not using a chlorine-based product in combination with an ammonia-based product.

Cleaning the microwave:

- [ ] Clean a microwave oven. Do this on five occasions.

Cleaning the oven:

- [ ] Using baking soda and vinegar, clean an oven.

Cleaning the refrigerator:

- [ ] Clean out a refrigerator, disposing of expired or moldy food. Clean interior surfaces.

Cleaning out crumb trays:

- [ ] If you use a toaster oven, clean out the crumb tray. Explain the importance of cleaning the crumb tray in preventing fires.

When you have successfully completed all activities, you officially have the Cleaning the Kitchen Pro skill recognition!