

Name: _____

Date: _____



Meal Clean Up Checklist

Practice meal clean up 3 times with your instructor/tutor or with friends/family.
Put a check in the box by each step you took.
Turn this completed checklist in to your instructor/tutor.

Meal Clean Up	1X	2X	3X
1. I brought my dirty dishes to the sink.			
2. I put the food I won't eat again in the garbage.			
3. I put leftovers away.			
4. I washed the dishes.			
5. I sprayed the counters and tables with a cleaner.			
6. I wiped the counters and tables with a cloth or paper towels.			
7. I put the dirty cloth into the laundry or threw away the paper towels.			
8. I dried the clean dishes and put them away.			

Who helped you practice? _____

Relationship: _____

Choose one:

_____ I can clean the countertops by myself.

_____ I still need practice cleaning the countertops.

What steps do you still need help with or more practice?

What kind of support is helpful? Talk about this with your instructor or tutor.

My Place