

# WASH UP / LOAD THE DISHWASHER



GET INVOLVED



15 MINUTES



PREPARATION NEEDED



## GETTING INTO THE ACTIVITY

Help out at home by washing up or loading the dishwasher after a meal.

### Dishwasher

Sort items that can be cleaned in a dishwasher and those that can't. Rinse items that can go in a dishwasher under the tap and load the dishwasher. You can now place the dishwasher tablet in the machine and start it up. Don't forget to help unload it after it has finished.

### Washing Up

Put the washing up liquid into the sink and run warm water to fill it up. Using a sponge or cloth, wash up all items. Once clean place the items onto the draining board. Finally, you can dry the items with a tea towel.



## WHAT YOU'LL NEED

- Dirty Crockery & Cutlery
- Washing Up Liquid / Dishwasher Tablet
- Sponge & Water



## NOTES FOR PARENTS & CARERS

Ensure care is taken when handling sharp knives or lifting heavy items and care is taken around hot water. Ensure awareness of what can and cannot go in the dishwasher. Close adult supervision is recommended.