

Essential Skills

Reading Document Use Writing Numeracy
 Oral Communication Thinking Working with Others
 Computer Use Lifelong Learning

Essential Skills: for Fun - for Work - for Life

Reading: People can read books, pamphlets, information sheets, newspapers, and other documents.



Oral Communication: People can talk to others - to give or obtain information or directions, and to share stories.



Document Use: People can understand and use documents that have text, graphs, symbols, numbers and colours.



Thinking: People can solve problems, make decisions, plan and organize tasks, use memory, and find information.



Writing: People can fill out forms or a cheque. They can write things like a letter, a list, a recipe, a story, or an email.



Working with Others: People can cooperate with others to carry out tasks and work as part of a team.



Numeracy: People can use and understand numbers and money. They can measure weight, volume, and size.



Computer Use: People can use computers and software, and get information from the Internet.



Lifelong Learning: People learn and use new skills and knowledge throughout their lives. They look for new challenges and experiences. They share their skills and knowledge with others.



Health - Essential Skills

Frank and Sara live in a northern community. Their family includes Grandma Rose and three children: Robert, 10, Tracy, 7, and Maggie, 2. Sara works at the band office. Frank drives the town's water truck and builds houses.

Reading	<ul style="list-style-type: none">▪ Sara reads a pamphlet about flu shots.▪ Robert reads a list of school sports teams he can join.
Document Use	<ul style="list-style-type: none">▪ Sara looks at the nutrition labels on food items at the grocery store to help her decide what to buy.▪ Frank checks the medicine label when Maggie gets sick.
Writing	<ul style="list-style-type: none">▪ Frank fills out forms at the health centre for Maggie.▪ Sara writes out an exercise schedule for herself and Tracy.
Numeracy	<ul style="list-style-type: none">▪ Sara measures out Maggie's medicine, four times a day.▪ Grandma Rose measures out water and rice, to cook enough for supper.
Oral Communication	<ul style="list-style-type: none">▪ Sara tells Maggie why she has to take her medicine.▪ Robert does a school presentation about diabetes.
Thinking	<ul style="list-style-type: none">▪ Grandma Rose plans a healthy menu, including wild meat or fish at least three times a week.▪ Frank plans to manage his diabetes with exercise and diet.
Working with Others	<ul style="list-style-type: none">▪ Sara takes her neighbour to the health centre for her appointment.▪ Frank coaches a little league hockey team twice a week.
Computer Use	<ul style="list-style-type: none">▪ Robert goes online to learn more about diabetes.▪ Robert makes a poster about diabetes for his school project.
Lifelong Learning	<ul style="list-style-type: none">▪ Tracy learns about traditional foods and how to cook them at a family literacy event.▪ Sara and Tracy attend a two-day active living workshop.