

# THE AUTISTIC GUIDE TO STARTING COLLEGE

ASIAM.IE



Doing The Dishes

## DOING THE DISHES

Doing the dishes is an important skill to have, especially when moving into student accommodation or a house in college. Many of them do not have dishwashers so you will have to wash your dishes by hand. Here are some guidelines to follow to make sure you wash your dishes properly.



It is easiest to wash dishes in hot water. This also allows them to be as clean as possible, which is important as it is likely that you will be sharing your dishes and utensils with other people in your house.

Place the dishes beside your sink and turn on the water, waiting for it to be hot. While it is warming up, take your sponge and put some washing up liquid on your sponge. Run the dish under the tap, washing it with the sponge until it is clean. After it looks as though it is clean, run it under the hot water to make sure any leftover food particles or washing up liquid is removed from the dish. Then place the dish on the draining board.

Repeat this until all of the dishes have been cleaned. Remember to add more washing up liquid if there is no lather being created on your dishes as this means it has been washed away.

When living alone, it is easy to leave the dishes for later on. However, dishes will end up building up and in the long run there will be more to do. This is also inconsiderate of others that may be living with you, so it is best to follow these tips in order to minimise any difficulties that may arise.

## **TIPS FOR HANDLING DIRTY DISHES**

Try to wash dishes after you use them to avoid a build-up of dishes.

If you are cooking a meal, maybe clean while you are waiting for something to cook.



Don't leave dishes that have food on them that can harden. This will make them harder to clean when you do come back and will end up making the job much longer.

Investing in a pair of rubber gloves will stop your hands from getting burned by hot water, and it also means you won't have to put your hands in dirty water.

## **HOW TO WASH A PAN**

Wash pans by placing water in the pan and heating the water up in the pan over the stove until the water starts bubbling. As pans are mostly used with oil,

boiling water lifts the oil the best. When this happens, take the pan off the heat and pour the water out down the drain.

Then wash the pan with a soft cloth, this allows the dirt to be removed without scraping off the non-stick coating on the pan.

Don't use washing up liquid as this can cause the food you cook in the pan afterwards to taste.

Don't allow the water to cool in the pan without cleaning it after, as this will cause the dirt to settle back on the pan, and you will not be able to wash it properly without boiling the water again.