

Everyday uses for AI

How AI can help in everyday life:



Meal planning

- "Suggest easy dinners for one person"
- "Give me healthy lunch ideas using ingredients I already have"



Exercise and wellbeing

- "Suggest gentle chair exercises for beginners"
- "What are some simple stretches I can do at home?"



Writing support

- "Help me write a thank-you email"
- "Can you help me write a birthday message?"





Support

AI can explain technology in simple steps:



Technology support

EXAMPLES:

- "How do I send photos from my phone?"
- "How do I join a Zoom meeting?"
- "How do I connect to Wi-Fi?"
- "How do I use WhatsApp?"



Online services

EXAMPLES:

- "How do I do my groceries online?"
- "How do I use online banking safely?"
- "How do I book an appointment online?"



Understanding information

EXAMPLES:

- Letters
- Forms
- Instructions
- Technology terminology



SIMPLY ASK

"Can you explain this in plain English?"