Try AI With Something You Already Do

A free first win guide from Adult AI Academy

Turn a short ingredient list into a shopping list. Then improve the answer, check it and save what helped. You can use the same method for a small plan or a learning question.

Choose how to begin

With AI: open a familiar chat tool and try the shopping prompt on page 2. A prompt is the instruction you type. Provider accounts, features and usage limits vary; you do not need to buy an upgrade for this guide.

Without AI: read the sample below, group the ingredients yourself, and compare your list with page 2. Repair the flawed example on page 3 and save your work using page 4. No account is needed to read or use this path.

Before you share

• Use the fictional sample or material you have permission to share. Send only what the task needs.

• Leave out passwords, login codes, account numbers, identity documents, private health details, confidential work and other people's private information.

• Remove private details before uploading. A changed name alone may not hide someone's identity. Privacy settings do not make a cloud chat confidential.

Start with this fictional recipe text

Lemon chickpea bowl ingredient list. This is a list-sorting exercise, not a tested recipe or cooking guidance.

• 1 can chickpeas (400 g)

• 200 g couscous

• 2 tomatoes

• 1 cucumber

• 1 lemon

• 2 tbsp olive oil

Photo optional: crop out names, addresses and unrelated details before sharing an image. Ask the tool to transcribe it first. Compare every ingredient, quantity and unit with the original; resolve unclear text before making the list.

This exercise does not assess allergens, substitutions, cooking safety or nutrition needs. Use appropriate authoritative guidance for those questions.

Copy a prompt and try it

Choose one task. Copy its prompt into a chat, or write the answer yourself. For a new task, replace bracketed words with general or fictional details and check for private information before sending.

Make the shopping list

> Use only the ingredient list below to make a shopping list grouped by grocery section. Keep quantities and units exactly as written. Include every ingredient once. Do not add, substitute or scale ingredients. Mark anything unclear and ask me before guessing. Ingredient list: 1 can chickpeas (400 g); 200 g couscous; 2 tomatoes; 1 cucumber; 1 lemon; 2 tbsp olive oil.

Worked answer for comparison. This example was prepared for the guide; it is not a transcript of a live AI response.

Worked shopping list

Grocery section	Shopping list
Produce	2 tomatoes 1 cucumber 1 lemon
Canned goods	1 can chickpeas (400 g)
Dry goods and oils	200 g couscous 2 tbsp olive oil

Check: all six ingredients appear once. Each quantity and unit matches page 1. Grocery sections may differ by store; they do not change what you need.

Plan one small task

> Help me organize one desk drawer in 20 minutes using containers I already have. Give me a short checklist and a stopping point. Do not suggest buying anything or discarding items for me. Ask one question at a time if you need information before making the plan.

Learn an unfamiliar topic

> Explain [a non-sensitive topic, such as how a rainbow forms] to an adult beginner in no more than 150 words. Use one everyday example and define unfamiliar words. Say what is uncertain. Suggest an authoritative source I can open to check the explanation.

An AI answer can sound certain and still be wrong. A suggested source may also be wrong or nonexistent. Open and check the source yourself.

Improve an answer that misses the mark

You can reply in the same chat. Name what to keep, explain the problem and repeat the limits that matter. One useful revision is enough for this first try.

Make it simpler

> Rewrite that in plain language. Use shorter sentences and define unfamiliar words. Keep the meaning and important cautions. Do not add new facts.

Ask one question at a time

> Before revising, ask me one question about the missing detail that matters most. Wait for my answer before asking another question.

Keep my limits

> Keep [the useful part]. Change [the specific problem]. Keep these limits: [time, materials, length or other constraint]. Show the revised answer without adding new commitments.

Show what you assumed

> List what you assumed rather than found in my input. Separate those assumptions from facts I supplied. Mark missing information and ask before filling it in.

Try a repair yourself

Deliberately flawed shopping answer: "Produce: 2 tomatoes, 1 cucumber, 1 lemon. Canned goods: 2 cans chickpeas (400 g each). Dry goods and oils: 200 g couscous, 2 tbsp olive oil, 1 tsp salt."

Compare it with page 1 before reading the correction. What changed? What was added? Write one follow-up request or correct the list on paper.

Correction: the source says 1 can chickpeas (400 g), not 2 cans. Salt is not in the source and must be removed. The other five ingredients match.

> Keep the grocery sections and the five ingredients that match my source. Change chickpeas to 1 can chickpeas (400 g). Remove salt. Return the complete corrected list, keeping every quantity and unit exactly as written.

Check the revised answer again. Asking AI to check its own work can help you find issues, but it does not prove the answer is correct.

Check and save your first win

Before using an answer, decide which parts are useful and which still need checking. You remain the person who chooses what happens next.

Inspect the result

1. Compare with your input. Are all six ingredients present once, with the original quantities and units? For another task, check that it respects your goal and limits.

2. Look for additions and omissions. Did it invent a fact, assume a purchase or leave out a step you need? Correct it or mark it as unverified.

3. Check facts outside your input. Open a suitable original source and read the relevant passage. Check dates, numbers and context yourself. Another chatbot agreeing is not independent proof.

4. Pause on important decisions. AI does not replace appropriate qualified help for medical, legal, financial or safety-critical questions.

Save something you can use again

Copy this short record into a note or document you control, or use a separate sheet of paper. Add your final prompt, useful answer and checks. Use as much space as you need. Reopen the saved work once to make sure you can find and read it.

• My task: _____

• My final prompt: _____

• The useful part of the answer: _____

• What I checked and where: _____

• What remains unverified: _____

• Tool used or paper path and date: _____

• My next small action: _____

Choose your next action

Try one more low-risk task: a desk-drawer checklist, a hobby plan or a general learning question. Give a goal, useful context, limits and an answer format. Inspect, revise once, check and save. Stop if a simpler tool works better.

You can keep practicing with this guide on your own; sharing your work is always your choice.

Your first win is something useful you can explain and check, with a next step you choose. Reuse it before generating more.