

Materials	Ingredients for a recipe
Learning Outcome	Develop food skills by preparing a meal and relate it to family traditions.

## Description

Think about a recipe or food that your family has enjoyed for a long time. It could be a recipe that has been passed down to you, a recipe from your childhood, a recipe that your family finds comfort in eating together, or a recipe that you would like your family to try. Talk to the child and get their input as well.

Show the child the recipe and read through it together and collect the ingredients. If the recipe is not written down, take the time to write it down with help from the child. Prepare and cook the meal together. Be sure to wash the food appropriately, support the child with chopping or grating, and have an adult manage the oven or stove.

When the meal is prepared, share stories together. An important part of healthy eating habits is to enjoy meals and conversation with others!

## Healthy Eating Competencies



### THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



### FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



## Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- *Why do you think family food traditions are important?*
- *What did you learn about preparing this recipe or the story that is behind it?*