

Materials	Ingredients for a meal of choice
Learning Outcome	Choose ingredients and follow a recipe to create a meal.

## Description

Challenge the youth to choose a meal to cook for your family. Invite them to choose a healthy recipe either from available cookbooks or from the [Recipes](#) section of Canada's Food Guide.

Encourage the youth to choose a recipe that contains ingredients you currently have at home. Support them with following the instructions to prepare the meal and be sure to supervise chopping or using the oven or stove.

Enjoy the meal together and encourage the youth to ask for positive and constructive feedback after family members have eaten the meal.

## 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 youth the reflection questions below and discuss the answers together.

- *What was the most difficult part of preparing the meal? Easiest part?*
- *Is there anything you would change for the next time you cooked this meal?*