

Materials	Index cards or pieces of paper, markers
Learning Outcome	Recognize the importance of eating meals with others and develop discussion topics when eating meals with others.

Description

Share with the youth that Canada's Food Guide describes the importance and benefits of eating meals with others. Ask the youth why they think that this is important and discuss their answers. If they need support answering the question, they can visit the [Eat meals with others](#) page of Canada's Food Guide.

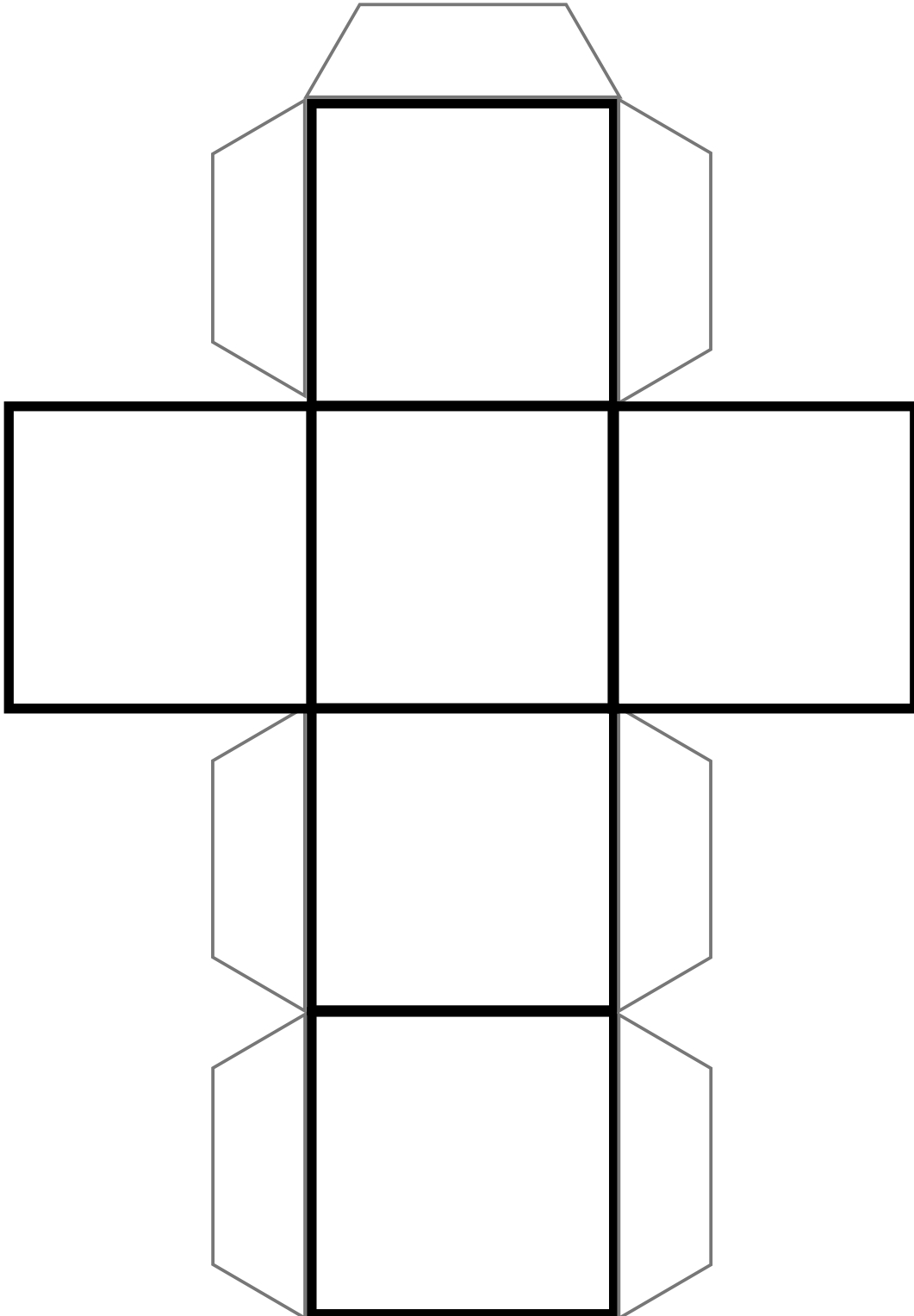
Invite the youth to come up with topics or conversation starters that they would like to discuss when eating meals together. The youth can either write the questions on an index card, small pieces of paper, or they can create a cube. A cube template can be found on the next page.

If the youth needs support coming up with topics, a few examples are provided below:

- If you won a trip to visit three countries of your choice, what countries would you go to?
- What is one hobby or skill that you think would be interesting to learn?
- What is one of your favourite memories?
- What is one of the hardest things you have ever done?
- What would you like your life to be like 5 years from now?
- If you could have one wild animal as a pet, which would it be?
- What is one thing you are grateful for today?
- What is one country or culture that you would like to learn more about?
- What is your favourite movie? TV show? Song? Book?
- If you could have dinner with one person, living or dead, who would it be?
- Who is one of your role models? Why?
- What is one thing you like about yourself? What is one thing you would like to work on about yourself?
- If you were given money that had to be used to help one charity or group of people, where would you donate the money?
- What different emotions did you feel today?

After the youth has completed their table topics, bring them to the table for meals and choose one to two to discuss per meal.

Use this template to create your own cube. Cut out the shape and fold according to the lines. Use tape to hold the sections of your cube together.



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 do you think is meant by the statement that "food unites people"?*
- *Other than the meals you eat at home, how else do you eat meals with others?*