

Materials	Index cards or small pieces of paper, ingredients for your favourite family meal
Learning Outcome	Identify healthy foods and prepare a snack.

Description

Discuss the benefits of eating meals with others. For more information, visit Canada's Food Guide webpage [Eat Meals with Others](#). Talk with the child about times you eat together and how it makes them feel. Also talk about suggestions to improve how you could connect better when eating meals together. Think about questions or topics of conversations that you could have over a meal and write them down on index cards.

Choose one of your family's favourite recipes and prepare it together. Invite the child to gather and measure ingredients, wash the food, and mix the food. Be sure that an adult chops the food and uses the oven or stove. Set the table and have the child add any other details you would like (e.g., flowers, name cards, etc.). Enjoy the meal together and have the child read the conversation cards and discuss them 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 child the reflection questions below and discuss the answers together.

- *How did it feel to prepare and enjoy the meal together?*
- *Did you learn anything new from family members by taking time to enjoy a meal together?*