



# 3 Family Mealtimes & Cooking

## Key focus points

- There are many ways you can help prepare a meal.
- It is important to spend time with your family during mealtime and share a conversation.

## Lesson Prep

For this lesson, you will need to prepare the ingredients for the pasta salad ahead of time - we recommend cooking the pasta the night before or morning of so that it is ready to use. If food safety rules do not allow cooking at your facility, you may consider preparing the pasta at home. ~20 minutes to prepare.

## Previous Lesson Recap

*Last week we talked about the 5 different food groups; can anyone remind me what they are? (Fruits, Vegetables, Grains, Protein, Dairy)*

## Supplies

- Book “Cook-a-doodle-do”
- Parent newsletter
- Napkins
- Forks
- Bowls
- Plates
- Spoons
- Lysol wipes
- Activity worksheet
  - Family mealtimes coloring sheet
- Pasta salad ingredients & recipe



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## Lesson Intro

*Now, who has an amazing memory and can remember when you all went grocery shopping and made a healthy meal? Well guess what? You all will get to help make a REAL healthy recipe today, and you can show me how you are willing to taste new foods! Does that sound like fun?*

### 1. Introduction:

*First, I want you all to tell me a little about meals you eat with other people, this could be your family or friends. What makes them special? What is your favorite part?*

Optional Questions:

- *Who do you eat with?*
  - Emphasize that all families are different and sometimes we eat with just one parent or with friends and other families may eat with their grandparents.
- *Do you all sit together?*
- *Do you get a chance to talk to everyone?*



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*Who helps their families make a meal? What are things you can do to help your family prepare or cook meals?*

If children are having a hard time coming up with ideas, you can ask about the following:

- Wash fruits/vegetables
- Tear lettuce (salads/sandwiches)
- Snap green beans/asparagus
- Fill measuring cups/add ingredients
- Mix and stir ingredients
- Set table
- Pour milk or water to drink



**Optional Connection Time** (see page 8)



# 3 Family Mealtimes & Cooking

## 2. Activity:

*Now, we are going to start on our fun activity for the day! Before we head to our tables, I want to tell you what we're going to do. At your tables, you all are going to draw and color a picture of one of your favorite meal times. So, you can draw a picture of your family or friends, you can draw it at your house, or out to eat. And you can even draw the food that is your favorite too! Just draw what your favorite family mealtime looks like. Then, one at a time, we will call you up to help us make our rainbow pasta salad. You will each have a different job, you told me before that you were all great at pouring in ingredients, stirring, setting the table, so you will get to have one of those jobs. Then after we're all done, we can have a mealtime at our tables where we will have no phones or television so that we can all talk and share together without distractions.*

After salad is made, every child can get a small portion and sit down. Sit with them, and have them go around and tell you about their favorite thing they did that day, or any other questions from the mealtime conversation sheet.

*I really enjoyed our family mealtime together!*



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## Adaptation

- If you have a large group, you can give Sprouts different jobs. Some jobs might include passing out plates or napkins, or stirring ingredients
- If you have multiple helpers, you can have each table or group make their own pasta salad
- Pasta Salad may not be the easiest choice for you. Feel free to make a favorite recipe or something easier for you such as food that is in season. The important thing is to choose a recipe in which you can involve your Sprouts by allowing them to take part in the preparation process.





# Family Mealtimes & Cooking

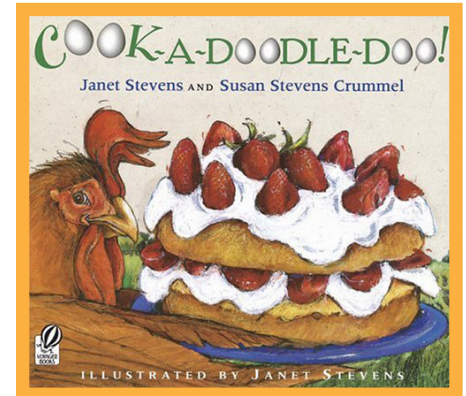
## 3. Book “Cook-a-doodle-doo”:

### Guiding questions:

- *What things did Pig, Iguana, and Turtle do to help out Rooster?*
  - Read recipes
  - Gather items
  - Flour through sifter
  - Measure ingredients
  - Add ingredients
  - Mixed ingredients
  - Pour items
  - Spread cream
  - Put strawberries on

*These are some of the things you can do to help your families make meals too!*

- *What is your favorite thing about eating with your family?*
- *What are some things you could talk about while eating with your family?*



Stevens, Cook-A-Doodle-Do!  
Voyager Books, 1999





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## 4. Recap:

*Today you told me about what makes mealtimes special, whether that is with your family or friends (and add specifics that your Sprouts mentioned). We also got to make a meal and enjoy it together. I really enjoyed my meal with you all! You now can share things we talked about today with your family, and show them the picture you drew. Hopefully you all get to share a meal with your family soon!*



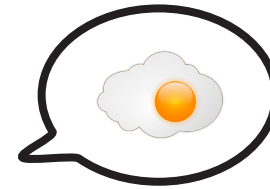
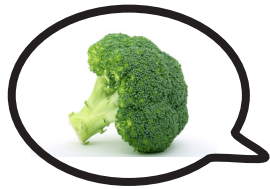


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## Optional Connection Time

Talk about group activities or your own experience

**Example:** *Those were all great! I really like spending time with my family and friends too, and eating together is a great way for me to be able to talk to the people I really like. Sometimes I'm really busy and that is the only time I get to see them. That is why it is so special.*





Name \_\_\_\_\_

# My Family Mealtime





# Sprouts

## Growing Healthy Habits



### Veggie Pasta Salad Recipe

**Total Time:** 35 mins

**Prep Time:** 15 mins

**Cook Time:** 20 mins

#### Ingredients:

- 1 box dry pasta
- 1 zucchini, cut into bite-sized pieces
- 3 cups chopped broccoli florets
- 2 red bell peppers, cored and diced into bite-sized pieces
- 1 large carrot, diced
- 1 cup cherry or grape tomatoes, halved
- 1/2 cup white balsamic vinaigrette (or any favorite balsamic or Italian dressing)
- optional topping: grated Parmesan cheese

#### Directions:

Prior to activity with children:

- Cook the pasta in a large stockpot of water al dente according to package directions. Drain pasta and rinse under cold water for about 20-30 seconds until no longer hot.
- Wash and cut vegetables

Keep pasta, veggies, and dressing separate. The kids will be able to add the ingredients and stir during the activity. Add the veggies to the pasta, and add the dressing last.

# Family Mealtimes

## Did You Know?

Children who eat together with their family

- Have a healthier diet and eat more fruits and vegetables,
- Are at a lower risk for being overweight and obese,
- Do better in school, develop good self-esteem and social skills



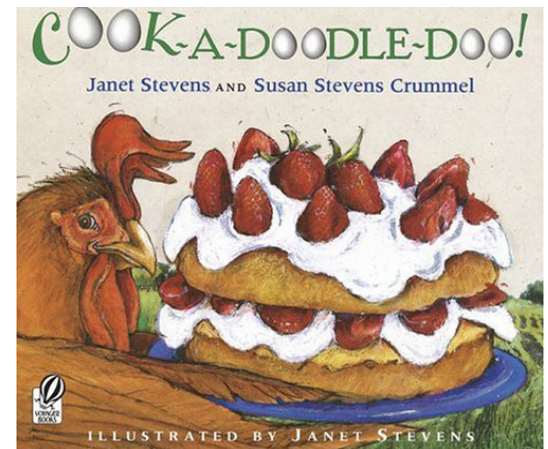
## Take Action! Make Family Meals Fun!

Include your child in mealtime prep. Try one of these ideas this week:

- Let your child choose and help prepare a fruit or veggie for the meal.
- Allow your child to help cook. They can mix, add ingredients, and wash produce.
- Ask your child to choose a theme or topic to discuss at mealtime.

## Plan a Family Meal

Your child learned the importance of eating together as a family! You can learn about new and fun ways children can help with the family meals at home through the recommended book: Cook-a-doodle-doo!



## Shopping

Be your child's best role model. When they see you eat fruits and veggies, your children will too! Try to include at least one fruit or veggie at each meal.

- Involve children in planning and preparing meals. Children will be more likely to try new foods if they help choose and prepare them.
- Eat meals together whenever you can. Enjoy each other's company!
- Enjoy talking with one another. Turn off the TV, video games, phone, and computer. Instead, learn about what happened in your child's day.
- Make mealtime a fun time. Plan a time to use games and activities along with the family meal. This gives children something special to look forward to, such as a time to share the best party of the day or come up with silly scenarios.

For more tips, check out: <http://familyresiliency.illinois.edu/MealtimeMinutes.htm>.