



Family Food Fun

Everyone eats, so why not make family meal times a fun and educational experience!

You can explore your family's history with this activity while you spend some time talking with your child about what they like to eat:

Are there favorite things I make for dinner?



Does someone else in the family make something you really like?



Let's ask (any older family member) what they ate when they were young, and find out about their favorite things to eat.



Why do you like those things?

Step 1

Select a recipe with your child. It can be a traditional family favorite, something new, or something from your family's culture.

Step 2

Go to the grocery store or a local market together to shop for the ingredients. While you're there, you can point out the many different colors, shapes, tastes, textures, and smells of foods, and talk about where food comes from and how it is related to your family's culture.

Step 3

Let your child help, in a safe manner, with preparing the recipe. Younger children can help wash fruits and vegetables, measure using measuring cups and spoons, or stir cool ingredients.

Once the meal is finished, it's time to enjoy your creation with friends, family, and most importantly, your assistant chef!

You can extend the experience by having art or story time with your child, encouraging him to draw a picture about the family meal or make up a story.

She can even put on a play about where food comes from!

