

Family Mealtime

Here are some ways to get your whole family involved with family mealtime. Remember to always pick age-appropriate jobs, keeping safety in mind.



	Cooking	Grocery Shopping	Meal Planning
Age 2-5	<ul style="list-style-type: none"> • Pour premeasured items into bowl to mix. • Tear up lettuce or other greens for a salad. 	<ul style="list-style-type: none"> • Point out fruits and vegetables that are read off the list when you pass by them in the store. • Choose a new fruit or vegetable to try. 	<ul style="list-style-type: none"> • Color coordinate fruits and vegetables. • Circle foods they would like in the store advertisements. • Help clip coupons.
Age 6-10	<ul style="list-style-type: none"> • Measure ingredients for a recipe. • Toss a salad. • Knead dough. • Put together sandwiches. 	<ul style="list-style-type: none"> • Read the shopping list to parent and cross items off as they are put in the cart. • Help find items from the shopping list. • Choose a new fruit or vegetable to try. 	<ul style="list-style-type: none"> • Help make list of meals they like. • Use the My Plate diagram to come up with one meal that follows the diagram. • Suggest fruit and vegetables to add to each meal.
Age 11-18	<ul style="list-style-type: none"> • Run the show as head chef! • Plan and prepare a full meal, or a portion of a meal. 	<ul style="list-style-type: none"> • Take a portion of the list and retrieve those items. • If old enough to drive, do a small grocery trip on their own. • Keep track of the money saved each week. 	<ul style="list-style-type: none"> • Find three new recipes on social media. • Create a 3-day menu that follows the My Plate recommendations.

Extension

