

# CREATE

FAMILY MEALTIME

	Ages 2-5	Ages 6-10	Ages 11-18
<b>Meal Planning</b>	<ul style="list-style-type: none"> <li>Color coordinate fruits and vegetables</li> <li>Circle foods they would like in the store advertisements.</li> <li>Help cut coupons</li> </ul>	<ul style="list-style-type: none"> <li>Help you make list of meals they like</li> <li>Look at MyPlate diagram come up with one meal that follows the diagram</li> <li>Come up with fruits and vegetables to put on the side of the main courses you show them</li> </ul>	<ul style="list-style-type: none"> <li>Look up 3 new recipes on social media</li> <li>Create a three-day menu using MyPlate as a reference for a complete meal</li> </ul>
<b>Benefits</b>	<ul style="list-style-type: none"> <li>Learn about colorful healthy meals</li> <li>You learn what foods kids are interested in</li> <li>Exposure to coupons and cutting skills.</li> </ul>	<ul style="list-style-type: none"> <li>You will learn some of the foods they are interested in, and the kids begin to learn the basics of menu planning</li> <li>Learn components of a healthy plate</li> <li>Learn importance of fruits and vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Kids get to put their social media skills to good use</li> <li>Kids develop menu planning skills and cut down the amount of planning you have to do</li> <li>Kids learn what it takes to be in charge of a meal</li> </ul>
<b>Grocery Shopping</b>	<ul style="list-style-type: none"> <li>Point out fruits and vegetables that are read off the list when you pass by it</li> <li>Choose a fruit or vegetable as a 'treat'</li> </ul>	<ul style="list-style-type: none"> <li>Read the list to parent and cross the items off as they are put in the cart</li> </ul>	<ul style="list-style-type: none"> <li>Take a portion of the list and retrieve those items.</li> <li>If old enough to drive, do a small grocery trip on own</li> <li>Keep track of the money saved each week</li> </ul>
<b>Benefits</b>	<ul style="list-style-type: none"> <li>Build appreciation for healthy foods at a young age</li> </ul>	<ul style="list-style-type: none"> <li>Develop reading skills and learn basics of grocery shopping</li> </ul>	<ul style="list-style-type: none"> <li>Develop grocery shopping and money managing skills</li> </ul>
<b>Cooking</b>	<ul style="list-style-type: none"> <li>Pour premeasured items into bowl to mix up</li> <li>Tear up lettuce for a salad</li> </ul>	<ul style="list-style-type: none"> <li>Measure out ingredients and put them together with parent</li> <li>Toss a salad</li> <li>Knead dough</li> <li>Put together sandwiches</li> </ul>	<ul style="list-style-type: none"> <li>Run the show as head chef! Put together a full meal and recruit family members as needed</li> </ul>
<b>Benefits</b>	<ul style="list-style-type: none"> <li>Develop hand eye coordination</li> <li>Exposure to cooking</li> </ul>	<ul style="list-style-type: none"> <li>Learn basic cooking skills</li> <li>Saves time on cooking with help</li> </ul>	<ul style="list-style-type: none"> <li>Develop their cooking skills before they leave home</li> </ul>
<b>At the Table</b>	<ul style="list-style-type: none"> <li>Discuss new things going on at school/work</li> <li>Come up with an invention and sell it to family</li> <li>Add on story- each person adds a couple sentences on to the previous statement to create a funny story</li> <li>Two truths and a tale</li> <li>Conversation Jar</li> </ul>		
<b>Benefits</b>	<ul style="list-style-type: none"> <li>Build up family relations through conversation and building memories.</li> </ul>		

**#createfamilymealtime**