



FITTING IN FAMILY & SHARED MEALS



THINK ABOUT HOW YOU CAN
MAKE SHARED MEALS HAPPEN.
THE BENEFITS WILL BE WORTH IT!



VISIT FOOD HERO
FOR HEALTHY,
QUICK, AND BUDGET-
FRIENDLY RECIPES!

Cook Together

- Cooking together helps make mealtime happen. When everyone shares the work, it is easy to do and the food may even taste better!
- Use the food groups as your guide to cooking a healthy meal. Plan meals that include at least 3 food groups: dairy, grains, fruits, vegetables and protein.

Eat Together

- Plan when you will eat together. It can be breakfast, lunch, dinner, or even a snack. Try to share meals at least four times each week.
- Sharing meals helps everyone to learn to make healthy choices.

Talk Together

- Focus on each other, relax, laugh and talk. Keep it simple and light-hearted.
- Turn electronics off and talk about your day –what made you laugh or what you did for fun.

Share Mealtime

- Sharing meals helps pass on traditions and form positive food memories that last a lifetime.
- People of all ages eat more healthy foods and a wider variety of foods when they share meals with family and friends.

This information comes from the Nutrition Council of Oregon and Oregon Health Authority, learn more by searching for Nutrition Council of Oregon family meals initiative.





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HERE'S WHAT TO DO AT THIS STATION:

1 List at least three advantages of eating with your family on a regular basis.

Advantages of Family and Shared Meals

- Improved academic skills
- Stronger family bonds and emotional health
- Decreased risk-taking behaviors
- Shared learning (e.g. social skills, vocabulary, conversational skills)
- Improved nutrition

2 Understand how planning ahead can help you and your family make changes that improve your eating habits.

- Planning is an important skill when it comes to making positive food choices. Whether you are eating a meal or snack at home or making a choice in a restaurant, thinking ahead is the first step. Once you have a plan, shopping, cooking and scheduling are the next steps for healthy eating success.
- Foodhero.org is a great resource from Oregon State University Extension Service that features tested recipes that are budget-friendly, healthy and tasty.
- Busy families can make “faster food at home” by stocking up on easy-to-prepare, simple meals. The table below provides some simple, healthy food choices from each food group.

VEGETABLES	FRUITS	WHOLE GRAINS	DAIRY	PROTEIN
Carrot sticks	Banana	Oatmeal	Yogurt	Eggs
Frozen vegetables	Apple slices	Whole-wheat bread	Cottage cheese	Canned beans
Potato (microwave)	Orange wedges	Whole-grain pasta	String cheese	Chicken breast
Salad greens	Grapes	Quinoa	Milk	Peanut butter
Snap peas	Frozen berries	Popcorn	Greek yogurt	Lean ground beef
Stir-fry vegetable mix	Kiwifruit	Wholegrain waffles	Parmesan cheese	Canned tuna

3 Complete the “Fitting in Family and Shared Meals” student activity sheet.





LESSON 4
TAKING CHARGE OF YOUR CHOICES - FITTING IN FAMILY MEALS
STUDENT ACTIVITY SHEET



FITTING IN FAMILY AND SHARED MEALS



MAKING MEALS HAPPEN

- Shared and family meals result in improved academic skills, stronger family bonds, decreased risk-taking behaviors, shared learning (e.g. social skills, vocabulary, conversational skills), and improved nutrition.
- Planning is an important skill when it comes to making positive food choices. Whether you are eating a meal or snack at home or making a choice in a restaurant, thinking ahead is the first step. Once you have a plan, shopping, cooking and scheduling are the next steps for healthy eating success.

1. Fill in the following menus to make them a complete, balanced meal with at least three food groups at breakfast and four food groups at lunch. Use the food photo cards for ideas.

BREAKFAST	LUNCH	DINNER
Scrambled eggs	Tuna sandwich on whole-grain bread	Grilled chicken
Grated cheese		
	Apple slices	
		Milk

2. The following box includes “faster food at home” choices for the times you are extra busy. Use the food photo cards, foods in the box below – or your own ideas - to plan at least 2 “faster food at home” menus (breakfast, lunch or dinner).

VEGETABLES	FRUITS	WHOLE GRAINS	DAIRY	PROTEIN
Carrot sticks	Banana	Oatmeal	Yogurt	Eggs
Frozen vegetables	Apple slices	Whole-wheat bread	Cottage cheese	Canned beans
Potato (microwave)	Orange wedges	Whole-grain pasta	String cheese	Chicken breast
Salad greens	Grapes	Quinoa	Milk	Peanut butter
Snap peas	Frozen berries	Popcorn	Greek yogurt	Lean ground beef
Stir-fry vegetable mix	Kiwifruit	Whole-grain waffles	Parmesan cheese	Canned tuna

MENU 1:

MENU 2:

3. Why do you think family and shared meals are important? Share any observations from your personal experience with shared and family meals.



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- Planning is an important skill when it comes to making positive food choices. Whether you are eating a meal or snack at home or making a choice in a restaurant, thinking ahead is the first step. Once you have a plan, shopping, cooking and scheduling are the next steps for healthy eating success.

1. Fill in the following menus to make them a complete, balanced meal with at least three food groups at breakfast and four food groups at lunch. Use the food photo cards for ideas.

BREAKFAST	LUNCH	DINNER
Scrambled eggs	Tuna sandwich on whole-grain bread	Grilled chicken
Grated cheese	snap peas	Spinach Salad
whole grain toast	Apple slices	Brown Rice
salsa	Plain yogurt topped with berries	Milk

2. The following box includes “faster food at home” choices for the times you are extra busy. Use the food photo cards, foods in the box below – or your own ideas - to plan at least 2 “faster food at home” menus (breakfast, lunch or dinner). **Many possible answers**

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MENU 1:

MENU 2:

3. Why do you think family and shared meals are important? Share any observations from your personal experience with shared and family meals. **Open ended question for students - no right or wrong answers here**