

Session 10

Learning about your family

Today's lesson involves asking members of your family about their food choices and what foods they enjoy. We have learned throughout this program that we are all different in many ways so this session will help you see the differences and similarities in your family's food choices. Today's question of the day wants to know if you help prepare any foods for your family, if you do not help with this for your family that is okay you can leave this section blank. Each of us have different family responsibilities and capabilities when it comes to helping around the house and with meals. Some families use the help of each member to prepare, cook and serve meals, some families use a few members and some families only one person does the food preparation and cooking. Each of these options are okay and there is no right or wrong model for how a family prepares its meals.

For today's question it may be tempting to only think about dinner as that is usually the meal that requires the most work, but also remember breakfast and lunch as well. If you make your own bowl of cereal or sandwiches for lunch, you can certainly use those as examples.

If you help with meals for yourself or family, what ways do you help?

Session 10 Activity

Family Member Interview

For today's activity we want you to learn about members of your family or household's eating preferences and choices. We have spent several sessions learning about healthy foods, snacks and drinks so now it is time to speak with members of your family or household and see what they choose to eat or what types of meals they prefer.

On the next few pages there are questions in which we want you to pick a member of your household out and interview them. If you have more members you would like to interview you can simply just use a piece of paper and ask the same questions for those interviews.

What is your favorite meal that you eat at home?

What is your favorite healthy meal that you eat at home?

What is your favorite food that you cook at home?

What is one healthy food that you want to try at home?

Session 10 Conclusion

In today's lesson you were able to learn a little more about members of your family or household's food choices and preferences. Each member may have had similar choices or favorites or they may have been very different. It is interesting to learn new things about our family's even if it is something simple like what foods they prefer. Here are some questions for you to think about, but you do not have to write an answer down for them: When you learned of your family's favorite meals, were they all healthy options? Did the members of your household have some unhealthy choices for their favorite meals? Did anyone in your family have similar healthy foods they wanted to try out? Maybe one day in the future your family can get together and try out some new healthy options!

Don't forget to write down your session 10 answer on your "What I Like About me" page!