

## RELATED FOUNDATIONS:

- Student Engagement
- Curriculum Teaching & Learning

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## RESOURCES:

- [Family Meal Information](#)
- Sample Meal Invitation

## Eating with Others

**ACTIVITY GOAL:** To promote eating with others and include students in age appropriate mealtime preparation and clean up. Aim to make this meal screen-free if possible.

### ACTIVITY INSTRUCTIONS:

**Activity Background:** Nutrition is a major component of the Health and Physical Education Curriculum. Eating with others is a great way for children to apply and share their learning and be involved in the preparation of meals. Eating together can also serve to enhance home and school communication through mealtime chats. When we eat together there are many benefits, including improved food intake.

1. Engage students in a discussion about mealtime.

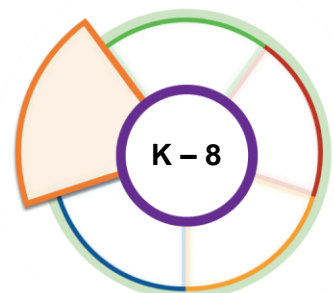
#### Educator Prompts:

- Tell us about mealtime at your house. Where do you eat, when do you eat?
- What foods are usually included at mealtime?
- What things about school can you talk about during mealtime?
- What are other things could you talk about at mealtimes?
- What is your favourite food to have at a meal?
- Does mealtime follow a routine?

2. Have students create Meal Invitation and to give to a friend or family member. See sample template below.

### Curriculum Connections

- FDK: OE6: Demonstrate an awareness of their own health and well-being; 6.2 Explore ways of ensuring healthy eating (K)
- Grade 1 D2.1 Canada's Food Guide; Gr 2)
- Grade 2: D2.2 Food choices (snacks, meals)
- Grade3: Food origins, nutritional value, and environmental impact
- Grade 4: D2. Personal eating habits; D3.1 Healthier eating in various settings
- Grade 7: D3.1 Personal, external factors in food choices
- Grade 8: D2.1 Personal eating behaviours; D3.1 Promoting healthy eating



## Sample Meal Invite

*You are invited to a meal with me!*



Dear \_\_\_\_\_

Please join me for a meal.

When: \_\_\_\_\_

I can help with mealtime preparation by:

I can help with cleanup by: