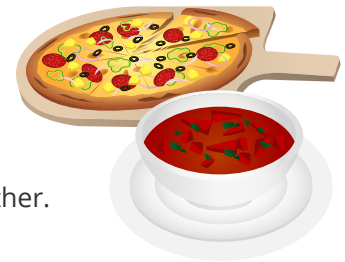
A Menu for You

Mmmmmm...



- What is your favourite family meal? Describe it or draw a picture.
- Is there a recipe that has been "passed down" between generations in your family? Maybe as part of a holiday or tradition? Ask your parents, grandparents, or another family member about it. Try the recipe together.

Plan a special meal with your family

Get each family member involved. Ask each person what they would like to add as part of the meal. Write it down.

Family member	Food
1.	
2.	
3.	
4.	
5.	
6.	
7.	

Now decide on the **menu** for your family meal. A **menu** is a list of the food you eat as part of a meal. Create your family menu. Include something for everyone!

Try This

- What ingredients do you need to make your family meal? Write or draw a list.
- Do you have the ingredients at home? What ingredients do you still need?
- Make a grocery list. Go grocery shopping as a family.
- Help make the family meal. Help clean up after, too!

OUR FAMILY menu

Another Idea:

Cut and paste pictures from grocery flyers to create your menu.