

Family Food Story Cookbook



School



Home



Printable Activity

PHE Curricular Competencies: Health and Active Living, Social and Community Health,

Audience(s): Grades 4-7

Resource: Family Food Story Cookbook Activity

Description

This printable and adaptable lesson connects students with family food traditions. Students connect with and document family food stories. Those who have access to technology, parent support, and cooking supplies, may learn to cook and enjoy a favourite family food together.

Objective(s)

This activity promotes family connection, healthy communication and healthy eating, while offering opportunities for interdisciplinary (English and Math) learning.

Curricular Connections

Describe and apply strategies for developing and maintaining healthy relationships (g4-7)
Explore and plan food choices to support personal health and well-being (g6)
Investigate and analyze influences on eating habits (g7)

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com