

Better Together



School



Home



Printable

PHE Curricular Competencies: Health and Active Living, Social and Community Health, Mental Well-being

Audience(s): Grades K-7 & Parents

Hyperlink: [Better Together](#)

Description

Better Together provides opportunities for a hands-on approach for family, food and fun. When making food together, families generate positive emotions and memories that contribute to strengthening relationships.

Objective(s)

This resource allows you to choose from many recipes they have available on their website for each meal of the day. You also have the ability to create your own cookbook with the recipes you enjoy the most.

If you have a recipe you want to share, there is an option to upload your very own.

Curricular Connections

This resource relates to the following Curricular Competencies:

- Developing healthy relationships help us feel connected and supported
- Identify and explore a variety of foods and describe how they contribute to health
- Explain the relationship of healthy eating to overall health and well-being

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