



Family Meals

In the Kitchen

Overview

Participating in the **Family Meals ~ In the Kitchen** lesson, students learn what activities happen in the kitchen and why it is important to eat meals with their families. Children will listen to a story and participate in a physical activity where they pretend to make pizza dough. They will Shake, Mix, Pound, and Roll their way into giggles!

According to the featured singer/songwriter Angela Russ-Ayon, this activity is a fine motor recipe for the hands that introduces rhythm, tests memory, demonstrates sequencing, and enhances listening skills. Children start with repetitious moves that speed up and condense as they progress. You can also let them come up with their own moves using the instrumental version of this song!

Following the physical activity the students can create a pizza slice and practice their coloring, cutting and pasting skills. If time allows the students can participate in more activities including making their own real pizzas!

Background Information

Meals eaten together as a family are more likely to be nutritious. Kids who eat family meals are less likely to snack on junk food and more likely to eat fruits, vegetables, and whole grains. It is widely known that eating family meals are linked to children's health and academic performance.

The beneficial impact of family mealtime has been demonstrated for children of all ages. Those who eat family meals have better grades, healthier eating habits, and closer relationships to parents and siblings. In addition, research by The National Center on Addiction and Substance Abuse at Columbia University has found that the more often kids eat dinner with their families, the less like they are to smoke, drink, or use drugs.

Objectives

Children will:

- Understand the importance of eating meals with their family each day.
- Identify activities that happen in the kitchen.