

LESSON TEN

OBJECTIVE 3: STAYING IN CONTROL

LESSON 10: Planning a Family Meal

OBJECTIVE

- Students will plan a family dinner some time during the Screen Budget Challenge.

LESSON OVERVIEW

- Students tally fun and productive activities.
- Class discussion of family dinner time.
- Students plan a family dinner.
- Students prepare conversation cards for the family dinner.

MATERIALS NEEDED

- Family Dinner Planner: 1 per student
- Conversation Cards: 1 set per student
- Ziploc bags: 1 per student
- Parent Letter

PROCEDURE

Step 10.1: Family Dinner Discussion and Planning

- **Discussion Questions:** How many of you ate dinner with your whole family last night? Does your family eat dinner together most nights? If you do, is it a time when you talk or is the TV on during the meal? What are some of the reasons that families do not sit down and eat together? Why might it be important for families to eat dinner together?

Teacher's Note: Teacher guides the discussion with the whole group or pair the students up with a partner.

- **Tell Students:** Time spent in front of screens can easily be replaced with family activities. One fun idea would be to plan a family meal. When budgeting your screen use, try to have dinner with your whole family. Use the family dinner planner to help you with this activity. You can think of some ideas now, but you will need to work with your parents for the final meal plans. Be sure that you help with the meal. You can set the table, pour drinks, and even help prepare some of the food. Remember to make clean-up a family affair too!

Distribute Worksheet 10.1 and Parent Letter.

Teacher's Note: Remember to choose a date for Family Dinner Discussion. See Step 10.3. Fill in the date on the Parent Letter.

Step 10.2: Prepare Conversation Cards

- **Tell Students:** You are going to prepare some Conversation Cards that will help your family have fun dinner time conversations. Some of the cards have questions you might ask your parents and others are more suitable for your parents to ask you. There are also two blank cards for you to come up with questions of your own. You will cut out your cards and put them in a Ziploc bag to take home.

Distribute Worksheet 10.2.

Teacher's Note: As students cut out the cards, you may have them sort the questions into ones that are appropriate for parents to ask children, children to ask parents, or both.

Step 10.3: Post Family Dinner Discussion

Discussion Questions: What did you prepare for dinner? Did anyone help with the shopping of the meal? What did you learn? Did anyone help prepare the meal? Did anyone assist with clean-up? What was the most fun? Did anyone use the conversation cards during their meal? What was the funniest thing you learned? Were you surprised by any of the answers?

Family Dinner Planner

Day of the week: _____



Menu: _____

Main Course:

Sides:

Drinks:

Dessert:

Grocery List: _____

Job Checklist: _____

_____ Confirm that all family members will be home for the meal

_____ Groceries purchased (with parent help!)

_____ Preparation jobs divided up (food preparation, table setting, drink duty, clean-up)

_____ Conversation Cards chosen

<p>Tell us about one person who inspires you.</p>	<p>If you could add a room to the house, what would it be and why?</p>
<p>What song drives you crazy and why?</p>	<p>What world record would you like to break and why?</p>
<p>What was your first car? What was your favorite car when you were young?</p>	<p>Did you fight with your parents when you were young? If you did, what did you fight about?</p>
<p>Did you have a favorite pet when you were a kid?</p>	<p>What things do we have now that you didn't have when you were growing up?</p>
<p>What are your all-time favorite movies? Why?</p>	<p>When you were young, did you collect anything? What was it and how did you get into that?</p>

<p>What kinds of things make you sad?</p>	<p>What is the best thing I ever gave you? Why?</p>
<p>Tell me the five best things about you.</p>	<p>Which of your friends do you think I like the most? Why?</p>
<p>Who do you think you are most like in our family? Why?</p>	<p>What are the qualities that make a good friend?</p>
<p>What characteristics make a good parent?</p>	<p>If you could keep your room any way you wanted, how would it look?</p>

Dear Parents:

During our Screen-Free Challenge students talked about how nice it was to spend extra time with their families. The activity your child is bringing home is a fun way for families to enjoy a great meal with fun conversation.

Students are asked to help you plan a family meal. It would be nice if they also helped prepare the meal and assist with clean-up afterwards. A worksheet is provided that will aid you and your child as you plan this event. We have also included conversation cards to help your family enjoy this special affair.

During the week of _____ we will take time during our day to have students share their family dinner experiences.

Bon Appétit

