

E A T

**We need to eat to survive, but we also eat for enjoyment. Sharing a meal with others is a social activity that is a regular part of life. Make dinner for your family and take a picture at each stage. Then create a collage of the process with a reflection of how it went. You have one week from today to complete this assignment.**

1. **Plan a dinner meal**

What is on the menu?

1. **List the food**
2. What do you have already?
3. What do you need to buy?
4. **Grocery shop**
5. **Make dinner**
6. **Share a meal together**

Sit down with as many people in your family as you can and eat together. No phones at the table! Use this time to talk together.

1. **Clean it all up**

Wash, dry and put away all the dishes that don’t go in the dishwasher

Sweep the kitchen floor and the under the table.

1. **Reflection**

How was dinner?

Who did you serve?

Did it taste good?

What was the best part?

What was the worst part?

Did anything surprise you?

1. **Collage**

Create a collage of the process leading up to dinner and your family eating dinner together. Post this collage and “add” your reflection to myblueprint in your “Life Skills” portfolio.