

Growing Healthy Families

Module 6: Dining Family Style

**What comes to your mind
when you hear the words
“family meal”?**

Benefits of Family Meals

More than 3 times a week

- **Independence and confidence**
- **School Achievement**
- **Social Skills**
- **Less Peer Influence**



Benefits of Family Meals

- **Manners**
- **Less drug and alcohol involvement**
- **Family closeness**
- **Healthier**
- **Less obesity**



Problem to solve: What would keep my family from having enjoyable family meals or snack times?



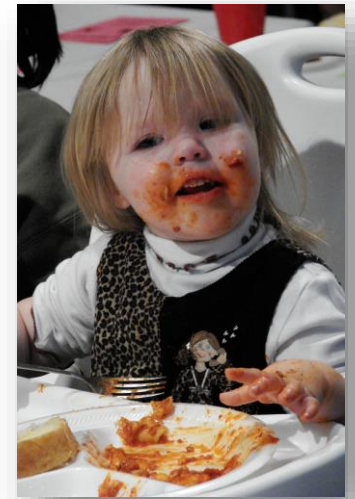
Basic Guidelines for Family Meals

- 3 times a week
- Meal or snack
- No TV or phone!
- It just takes 2 people!



Infants and Toddlers and Family Meals

- **Infants, when old enough to grab, are best in high chairs with finger foods or small toys to play with.**
- **Family meals can be stressful for toddlers.**
- **40% of them tend to be picky eaters.**
- **What is your goal for family dinners?**





Creating Fun Family Meals



- **Avoid negative conversation**
- **Make it special**
- **Play games**
- **Enjoy fun family talk!**



Making Family Meals Easy!

- **Plan ahead!**
- **Make it simple**
- **Have your family members prepare the meal with you!**

Remember: keep it fun and your conversation light and friendly!



Flowers for the Table



Instructions

- Open all of the napkins up and lay on top of each other.
- Begin folding like a fan or accordion and continue flipping and folding until all done.
- Tie the center with the twist tie or pipe cleaner.
- Cut ends into a semi-circle, points, or scallop.
- Lay it flat and begin to fold each layer up carefully into petals.
- Shape them and then attach a bamboo stick with tape!

That is all there is to it!

M.E.A.L.

Make sure you sit down together.

Every electronic device (TV, radio, phone) is off!

Allow everyone a chance to talk, and don't criticize.

Let this be a fun time to share and laugh!