



WEEK 5

Putting It All Together



WHAT WE'LL DO

Congratulations on completing the first four challenges. This week, we will wrap things up before our dinner demonstration. Choose an activity to expand on from one of the weeks prior. With a few weeks before your demonstration, there could be time for you to try more than one of these extensions. Here are some ideas of extensions to try:

EXTEND LEARNING TOPICS

Trying New Foods: If you tried a new vegetable for week one, try a new food group this week. Is there a new protein or fruit you could incorporate into a dinner? Let your child lead in picking out the new food.

Sensory Station/ Food Exploration: Set up a food exploration table with contrasting foods. You may include a hard food to compare to a food that changes as you play with it such as a banana. A fun and inexpensive food to try are dried beans. First your child can observe the expansion of the beans. You can compare the dry beans to the soft, squishy beans. You can get out measuring cups and measure out beans. Beans are also fun to glue on paper and make art work.

Build Family Bonds: Invite another person (grandparent or neighbor) over to participate in your mealtime experience, both eating and conversation. Have them share what they liked. Consider preparing your child to welcome and engage with your guest (take their coat, ask them a question, clear their plate). Your child may help get ready for the dinner by setting the table or helping pick out the meal.

AT A GLANCE

FAMILY MEALTIME CHALLENGES

- Week 1: Explore New Food
- Week 2: Family Meal Structure
- Week 3: Increase Family Bonds
- Week 4: Kids in the Kitchen
- **Week 5: Pulling It All Together**

DINNER DEMONSTRATION EVENTS

Benzie and Leelanau County families, your Dinner Demonstration event will be Tuesday, March 12, from 5:30-7:00. More information to follow!

Junior Chef Challenge: Consider what went well when your child helped in the kitchen during junior chef week. Try allowing your child to help with food prep at least once this week. If your child is older, consider trying two times this week. Is your child able to help pick a dinner meal? Can your child get out ingredients?

Meal Structure: Try setting up a mealtime chore chart for your children. Here's a Canva template (with instructions) you can customize for your family.

[Click Here for Mealtime Helpers Template](#)

