



WEEK 4

Family Meal Structure



REFLECTING ON YOUR WEEK

- What are you learning about your children this week?
- What aspects of preparing your family meal were pleasantly surprising?
- What might you change to better support your child with tasks in the kitchen?

SHARE YOUR THOUGHTS

Please share your reflections with our team about your experience this week.

[CLICK HERE FOR THE 2-QUESTION SURVEY](#)

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

Dates will be announced in 1-2 weeks!

RESOURCES TO CONSIDER

Take a look at these resources to learn more and explore this topic a little more on your own:

Accessible Chef: A collection of free visual recipes and other resources to help teach cooking skills to young children and individuals with disabilities at home or in a special education classroom.

The Big Little Project: Find lessons, recipes, videos, and inspiration developed by Cooking with Kids over the past 25+ years. Great instructional videos to build kitchen skills!

The Family Dinner Project



Northwest Education Services

