

Meal planning



Suitable for:
8+ year olds



What to do:

- Give your child some ownership by letting them have a say over what you eat that week.
- Plan the list and go shopping to pick up everything you need.

What you need:

- Paper
- Pen
- Shopping list
- Calendar

Benefits of this experience:

Get your child involved in household discussion making and teach them to plan out everything they need. Teaching your child valuable skills in independence. Get stuck in with the making of the meals too!

Story and rhyme time:

Visit your local library to find these books:
'Let's Eat! Meal Time Around the World' by Lynne Marie
'Cora Cooks Pancit' by Dorina K. Lazo