

# Family Meals. Anytime. Anyplace.



Academy of Nutrition and Dietetics  
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## Family Mealtime:

Is good for grades, improves communication skills, and is healthy for teens.



## Family meals can take place *anytime*, *anyplace*, including:

At home, in the car, or at restaurants.



## Family mealtime: how to make it happen:

Personally commit to eating at least 3 meals a week with your family, make it a no-phone, no-screen zone, make it fun, and pitch in!

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## Simple and Delicious Meal Ideas

Kabobs and the **Great Potato Stack Up** are two great ways to assemble your favorite foods into a fantastic meal!



Make a colorful kabob with cubed chicken, beef or pork alternating it with chunks of tomato, onions, potatoes, peppers or your favorite vegetable. If you don't have a metal skewer for kabobs, you can buy inexpensive wooden ones at the grocery store. Be sure to soak them in water before grilling so they don't burn!

To make the Great Potato Stack Up, simply start with a baked potato. Add any vegetable imaginable. Then add any rinsed beans or lentils, or low-fat cheese for protein. Top it off with spicy salsa or a light and creamy sauce. Add a side of fruit for a refreshing dessert!



# Activity: "What's the Deal?"

In this activity, you'll get to practice ways that you can put together a healthy MyPlate meal with your family, anytime, anyplace.

- Deal #1: Here's the deal. You're running late and your Mom is taking you to practice. What are you going to do to have a family meal together?
- Deal #2: Here's the deal. You're having dinner at home with the family tonight. What can you do to help make sure the family eats a healthy meal together?
- Deal #3: Here's the deal. Your family is going through the drive-through after a busy day. What are you going to order?
- Deal #4: Here's the deal. You just aced your math test and your family is going out to a sit-down dinner. What choices would you recommend?

As a team, use your skills to plan a family meal, anytime, anyplace. Each team will have a minute to share their creation with the other teams. The entire group will vote on which team creation is the best "deal!"



## Directions

Divide into four teams.

As a team:

Discuss what you will eat that will be healthy and contain all the food groups from MyPlate. Be creative and add plenty of options that would add interesting flavors and texture. Add ingredients that would make your plate outstanding!

How does your plate compare to MyPlate?

Draw a sketch of your plate. Have you included every food group? Identify the foods by food groups that are represented on your plate.

Share your plate creation with the group. Be sure to tell why your team's creation is great.

As a group, vote to choose the best plate that is the best "deal!"

**Vegetables** \_\_\_\_\_

**Fruits** \_\_\_\_\_

**Grains** \_\_\_\_\_

**Protein** \_\_\_\_\_

**Dairy** \_\_\_\_\_

**Sketch It!**



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