



# FCCLA @ the Table Family Meal Project



<b>Grade Level(s):</b> 6 <sup>th</sup> -12 <sup>th</sup>	<b>Program Topic:</b> FCCLA @ the Table	<b>Timeframe:</b> 1 class period
<b>FCCLA National Program(s):</b> Families First Student Body Power of One (Family Ties Unit)		<b>Prepared By:</b> Rachel VanPelt, National Consultant Team
<b>Goals &amp; Objectives</b> (Specify skills/information that will be learned.) <ul style="list-style-type: none"> <li>• Students will be able to identify management strategies for balancing work and family roles</li> <li>• Students will be able to analyze choices that promote wellness</li> <li>• Students will be able to identify skills to plan a meal and create balanced menus</li> </ul>		
<b>National FACS Standards Addressed</b> <p>1.1 Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global).</p> <p>2.1 Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.</p> <p>6.1 Analyze the effects of family as a system on individuals and society.</p> <p>14.2 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.</p> <p>14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.</p>		
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>• Paper &amp; pencil</li> <li>• “Family Meal Project Guidelines” handout</li> <li>• “Family Meal project Planning Process” handout (adapted from FCCLA Family Ties Power of One Unit)</li> <li>• “Family Meal Project Student Evaluation” handout</li> <li>• “Family Meal Project Family Feedback” handout</li> <li>• “Family Meal Project” rubric</li> <li>• Cookbooks or online recipe resources for student use</li> </ul>	

<b>Activity 1 – Identifying Work and Family Roles</b>	<ul style="list-style-type: none"> <li>• The teacher will ask the class to brainstorm all of the tasks that are required of them as a student, club member or athlete, employee, and family member. Remind them that being a student is their full time job.</li> <li>• Ask students to also think about the roles their other family members play at home and at work or school.</li> <li>• Ask students to write a paragraph to describe the relationship of their roles as a student and their role as a family member. Also ask students to reflect on their family’s dining habits and how their dining habits are affected by their roles.</li> </ul>
<b>Activity 2 – Introduction to FCCLA @ the Table and Family Meal Project</b>	<ul style="list-style-type: none"> <li>• The teacher will explain the importance and benefits of families who share meals together. <ul style="list-style-type: none"> <li>○ Reference stats on <a href="http://www.fcclaatthetable.org">www.fcclaatthetable.org</a></li> </ul> </li> <li>• The teacher will introduce the Family Meal Project as a way for students to practice balancing their multiple roles and promoting healthy eating habits. <ul style="list-style-type: none"> <li>○ Encourage students to set realistic goals for their project based on their family’s needs and their personal experience.</li> </ul> </li> <li>• This project will provide students with the opportunity to use time management strategies, comparison shopping, meal planning, and other management strategies used to balance work and family responsibilities.</li> </ul>
<b>Activity 3 – FCCLA @ the Table Meal Planning</b>	<ul style="list-style-type: none"> <li>• The teacher will encourage each student to take the FCCLA @ the Table pledge to plan and prepare a meal for their family – pledge link is at <a href="http://www.fcclaatthetable.org">www.fcclaatthetable.org</a></li> <li>• Provide students with resources (FCCLA @ the Table website, cookbooks, access to online resources, etc.) to begin the Planning Process for their meal. Assist students with finding appropriate recipes to meet their own family’s needs.</li> </ul>
<b>Summary/Evaluation</b>	<ul style="list-style-type: none"> <li>• The teacher will assign a deadline for the completion of the Home Meal Project. <ul style="list-style-type: none"> <li>○ Encourage students to post a photo of their family meal at on Instagram @FCCLAatTheTable</li> </ul> </li> </ul>
<b>Source/Other Resources</b>	<ul style="list-style-type: none"> <li>• <a href="http://www.fcclaatthetable.org">www.fcclaatthetable.org</a></li> </ul>