



FCCLA@theTable Family Meal Project



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

Activity 1 – Identifying Work and Family Roles	<ul style="list-style-type: none"> • 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. • Ask students to also think about the roles their other family members play at home and at work or school. • 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.
Activity 2 – Introduction to FCCLA@theTable and Family Meal Project	<ul style="list-style-type: none"> • The teacher will explain the importance and benefits of families who share meals together. • 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"> ○ Encourage students to set realistic goals for their project based on their family’s needs and their personal experience. • 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.
Activity 3 – FCCLA@theTable Meal Planning	<ul style="list-style-type: none"> • Provide students with resources (FCCLA@theTable 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.
Summary/Evaluation	<ul style="list-style-type: none"> • The teacher will assign a deadline for the completion of the Home Meal Project. <ul style="list-style-type: none"> ○ Encourage students to post a photo of their family meal at on Instagram @NationalFCCLA
Source/Other Resources	