

FCCLA@theTable Lesson Plan: Grades 6-8

FCCLA@theTable empowers students to take the lead in making mealtime meaningful! Plan a meal, prepare it with your family, and share real conversations around the table. Make every meal an opportunity to connect!



LESSON TITLE

FCCLA@theTable: Planning, Preparing, and Sharing a Meal with Family

INTENDED GRADE LEVEL

Grade Level: 6-8

TIMEFRAME

How much time will it take to complete this lesson? (video, handouts, activity)

1 class period (approximately 60 minutes)

FCCLA NATIONAL PROGRAM(S) INTEGRATION

What National Program(s) does your lesson plan align with and how did you integrate them?

Families First: This lesson supports Families First by promoting family engagement through meal planning and preparation, encouraging students to contribute positively to family life.

Community Service: As students learn about meal preparation, they also consider how shared meals strengthen family and community connections.

FCCLA CAREER CLUSTER(S) INTEGRATION

What Career Cluster(s) does your lesson align with and how did you integrate them?

Human Services: Students gain skills in planning and collaboration, which are essential in human services careers.

Hospitality and Tourism: Students gain introductory skills related to meal planning and preparation, foundational for roles in hospitality, culinary arts, and food services.

Financial Services: Students gain skills in decision-making, problem-solving, and financial planning skills, essential for careers in financial services and resource management.

Public Service: Students gain skills in leadership, communication, and community engagement, foundational for roles in public service and community impact.

REQUIRED PRIOR KNOWLEDGE

What prior knowledge or classes are required for this lesson?

Basic understanding of kitchen safety, food handling, and family mealtime traditions.

LEARNING OBJECTIVES

Learning objectives should be brief, clear, specific statements of what learners will be able to do at the end of a lesson as a result of the activities, teaching and learning that has taken place (student-centered, thinking-centered, performance-based).

Students will be able to:

- Identify the steps involved in planning, preparing, and sharing a meal.
- Develop a simple meal plan with family preferences in mind.
- Reflect on the experience of preparing and sharing a meal as a family activity.

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NATIONAL FCS STANDARDS

These are the FCS National Standards that your lesson aligns with. To view the FCS National Standards, click [here](#).

Standard 8.2: Evaluate nutrition, meal planning, food preparation, and presentation.

Standard 13.1: Analyze principles of effective communication.

Standard 13.2: Evaluate the impact of family roles on personal and family well-being.

MATERIALS NEEDED

All of the materials the students will need in order to complete the lesson.

- Whiteboard or flipchart
- Markers, Handouts: "Family Meal Planning Worksheet" and "Meal Reflection Guide"
- Paper and pens/pencils
- Recipe book, or access to online recipes (optional)

INSTRUCTIONAL STRATEGIES

Instructional strategies encompass any type of learning technique a teacher uses to help students learn or gain a better understanding of the course material. They allow teachers to make the learning experience more fun and practical and can also encourage students to take more of an active role in their education. For more information, click [here](#).

- Class discussion
- Collaborative planning
- Individual reflection

DIFFERENTIATION/ACCOMMODATIONS/MODIFICATIONS

What strategies/methods would you use to differentiate for different learning styles? How can accommodations and modifications be made for special needs students (IEP)?

- Provide written and visual steps for meal planning.
- Offer simplified planning templates or graphic organizers for students who benefit from additional structure.
- Allow students with limited experience in the kitchen to focus on setting up the meal space, preparing simple items, or assisting in another way.

ACTIVITY #1

Activity Title: "Why Family Meals Matter"

Timeframe: 15 minutes

Materials Needed: None

Directions: Begin with a discussion on the value of family meals and the role they play in family bonding. Ask students to share their experiences with family meals and what they enjoy most about them. Record student responses on the board to highlight the benefits of family meals, such as communication, connection, and shared responsibility. Transition into the idea that planning, preparing, and sharing a meal can be a fun and meaningful way to spend time with family.

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ACTIVITY #2

Activity Title: "Family Meal Planning"

Timeframe: 20 minutes

Materials Needed: "Family Meal Planning Worksheet" Handout; "Conversation Topics Ideas" Handout; "Recipe Card"

Directions: Distribute the "Family Meal Planning Worksheet" and "Conversation Topics Ideas" handouts to each student, plus a blank "Recipe Card." These materials guide students through the steps of meal planning: choosing a dish, considering family members' preferences, and listing ingredients. Ask students to think about a simple meal they could prepare with their family and write down their plan on the worksheet. Encourage students to plan a meal that they feel confident making, whether it's a main course, a side dish, or a dessert. Have them select three topics of conversation that they would like to discuss with their families at the table, and write those on the "Recipe Card." Allow students to share their meal plans and conversation topics with a partner, offering ideas and encouragement.

ACTIVITY #3

Activity Title: "Meal Reflection Guide"

Timeframe: 15 minutes

Materials Needed: "Meal Reflection Guide" Handout

Directions: Hand out the "Meal Reflection Guide" and explain that students will use it to reflect on their experience after preparing and sharing their planned meal with family. Go over the reflection questions, which prompt students to consider what they enjoyed, any challenges they faced, and how the meal experience impacted family time. Encourage students to bring the reflection back after trying out the activity at home, to share insights with the class during a follow-up discussion.

FORMATIVE/SUMMATIVE ASSESSMENT

What activity will teachers use to assess each student's attainment of the objective? Will this be done through oral, written, or applied performance assessments?

- Observe student engagement and participation during class discussions and planning.
- Review completed "Family Meal Planning Worksheet" for thoughtful and realistic meal ideas.
- **Summative assessment:** Have students complete a written reflection on the "Meal Reflection Guide" after they've tried out the meal with their family.

CLOSURE AND REFLECTION

Provide questions or an activity that can be used for student to reflect on what they learned and assess their own progress towards achieving the instructional objective.

Conclude by discussing the importance of family time around the table and how preparing a meal together can create positive family experiences.

Reflection Questions:

- What are you most excited about trying during your family meal?
- How do you think preparing a meal will change the way your family interacts during mealtime?

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LIFE SKILL APPLICATION

How will this skill taught or knowledge gained apply to their lives outside of class?

This lesson teaches students valuable skills in planning, teamwork, communication, and basic culinary skills, all of which they can apply in their person lives and future careers.

RESOURCES

Please describe the resources provided for this lesson (e.g. graphic organizer, handouts, PowerPoint presentation, etc.).

- Handouts: "Family Meal Planning Worksheet," and "Meal Reflection Guide."
- Recipe book or websites: Simple recipes to inspire students' meal planning.

SOURCES

If applicable, please cite any published or copyrighted materials used in this lesson plan.

Adapted from FCCLA program materials and basic family meal planning resources.

ADDITIONAL NOTES

Encourage students to involve family members in the planning and preparation of the meal. For students with limited kitchen skills, recommend simple, no-cook meals or preparing a side dish as a way to participate. This lesson provides an engaging, hands-on experience for middle-schoolers, promoting family connection through shared mealtime activities and the pride of contributing to family life.