

FCCLA@theTable Meal Reflection Guide

Student Name: _____

Date: _____



Reflection Questions

1. Meal Success

- What part of the meal went well?

- What could you improve next time?

2. Family Interaction

- How did your family help in preparing the meal?

- What was the best part of sharing the meal together?

- How did your family enjoy the topics of conversation?

3. Challenges and Solutions

- What challenges did you face while preparing the meal?

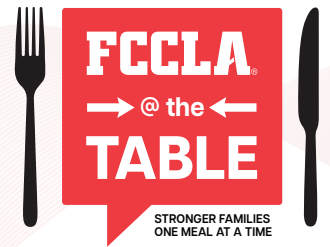
- How did you overcome them?

4. Your Thoughts

- What was the most fun part of this activity?

- How did preparing and sharing a meal help you feel closer to your family?

FCCLA@theTable Family Meal Reflection Guide



Student Name: _____

Class: _____

Date: _____

Reflection Questions

1. Meal Success

- Did the meal meet the preferences and needs of everyone involved?

_____ Yes

_____ No (explain why not): _____

2. Challenges Faced

- What challenges did you encounter during the planning or cooking process?

- How did you address these challenges?

3. Family Engagement

- How did your family participate in the meal? (e.g., helping in preparation, sharing stories at the table, etc.)

- What impact did this meal have on your family's interaction?

- Did the topics of conversation contribute to your family's engagement with the meal?

4. Cultural and Personal Reflection

- How did this meal reflect your family's culture or traditions?

- What did you learn about your family during this activity?

5. Skills and Improvement

- Which skills (e.g., cooking, communication, budgeting) did you improve during this activity?

- What would you do differently next time?
