

UNIT 8 Developing Life Skills Activity

Family Fun Cooking Together

Directions: In some families, there never seems to be enough time for family members to have fun together. One solution is to have fun together while doing something that has to be done anyway, like preparing a meal. Read the stories below. Then discuss with classmates which family's approach sounds like the most fun, and why. Share other ideas for making cooking an enjoyable family activity.

Sense of Excitement Members of the Kim family have always cooked together. An adult sets out all the ingredients before calling the whole family to the kitchen to help. Even if adults and older children are feeling tired, they create a spirit of adventure around washing hands and putting on aprons—rituals that say, “Now we are ready to have fun!” Even the youngest child has a job assigned. At mealtime the adults congratulate every child on the food he or she helped prepare.

Imaginary Outing When days are cold and rainy, the Hatfield family sometimes holds an indoor picnic. Family members work together to assemble picnic food and pack it into a big picnic basket. Sandwiches, baby carrots, and fresh fruits are among the foods they often pack. They spread a blanket on the living room floor and carry in the basket. By treating simple foods as a picnic outing, they enjoy a family meal together without any food that takes long to cook.

Creative Experiments Home-made pizza is party time for the Ostrow family. Everyone gets a turn spinning the pizza dough. Each member of the family chooses which toppings to put on his or her piece. Sometimes someone decides to try a topping that everyone else thinks sounds awful on pizza. Whether it is tasty or not, everyone enjoys the chance to experiment. Pizza night is a chance to be creative.

Songs and Laughter Everyone in the Fujimori family likes to sing. As they prepare a meal together, they make up little songs about various ingredients or cooking tasks. “Whir, whirl, I love to stir!” a big child sings to a little one, who is soon singing along. If they can not think of a rhyme they make up nonsense words. Some of the songs get quite silly. Much of the time everyone in the family is laughing.