



READING

REFLECTION ACTIVITY

Write down what you believe you are doing right and what you all need to still work on when it comes to preparing and eating home cooked meals every day.

Even ask the children to draw some pictures of their favourite dishes that have become family favourites.

PARENT REFLECTION

What are we doing well?

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What still needs work?

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What are we finding hard? What is getting in the way?

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What are we going to focus on to turn these challenges around?

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KIDS REFLECTION

What are my favourite meals that we have been eating this week?

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What are some new foods I might like to try?

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What have I learnt to do in the kitchen?

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What is my favourite school lunch food?

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