

**Lesson:
Cooking Together**

**Length of lesson:
1 Hour**

Materials:

- **Necessary Ingredients for meal**
- **Paper Plates**
- **Napkins**
- **Forks**
- **Spoons**
- **Table Clothes**
- **Decoration**

Discussion Summary:

Being able to cook healthy food is essential to independent living. With the influx of developing fast food chains and restaurants, and easy access to junk food, teaching the girls how to make simple, healthy, cooked at home meals is a fun way to build team work and be healthy together. This lesson can be modified to the meal most accessible to the group and facilitator.

Discussion Questions:

- **What are some dishes that you like to eat?**
- **What kind of foods do you consider healthy and delicious?**

1. Explain to the girls the importance of having healthy eating habits. Elaborate that learning and developing these practices at a young age will carry out into lifelong healthy living.

2. Discuss some healthy food choices and delicious ideas of foods that can be made with healthy foods. For example turkey taco salad or snacks like apples and peanut butter.

3. After discussing healthy food and healthy snack options, have the girls split into small groups of 2-4 girls.

4. Explain the healthy food or snack that the group will be making.

5. Prepare multiple stations for the girls to work on creating the dish. Give every girl a task in making the meal

to also support socialization and teamwork. It's helpful to have multiple volunteers to help the girls at each station.

6. Once all of the girls have completed their responsibilities for their contribution of the meal, allow all of the girls to come together to eat.

7. As the girls eat, ask them what they learned from cooking and working together. Find out what parts they enjoyed most and something's they would start cooking at their own homes.

8. Conclude the session by having a group clean up their areas.

