



## Grades 6 – 7

**Focus:** Critical thinking, communication, reflection, writing

### 1. Recipe Remix Challenge

- Choose a family recipe.
- Discuss:
  - How could this recipe be made healthier, quicker, or more affordable?
  - What substitutions could be made and why?

### 2. Table Talk Discussions

Choose one topic to discuss respectfully at mealtime: - What makes a meal meaningful? - Why is eating together important (or not important)? - What life skills do you learn from cooking?

### 3. Family Food Story

- Interview a family member about a meal that is important to them.
- Write a short paragraph explaining:
  - Where the meal comes from
  - Why it matters
  - When it is usually shared

*Strong literacy grows through discussion, reflection, and shared experiences.*

## Simple Pasta with Garlic & Veggies

**Why this works:** Procedural writing, math, discussion, life skills

### Ingredients

- Dry pasta
- Frozen or fresh vegetables
- Oil or butter
- Garlic powder, salt, pepper

### Directions

1. Boil pasta according to package directions.
2. Cook vegetables in a pan with oil or butter.
3. Drain pasta and mix with vegetables.
4. Season to taste.

### Family Literacy Talk

- How could this recipe be changed or improved?
- What skills are you learning by making this?
- How would you write this recipe for someone else?