



Meal Challenge

This is How We Bowl

Noodle bowl, rice bowl, dealer's choice! The flava is in the laya. Hint: think about which ingredients taste yummy on their own and as a whole. Mashed pots, corn, gravy, and chicken are spectacular together. How about rice, beans, veggies, and shredded pork?! It's a burrito... in a bowl. So many options, so few bowls. Can you tell we're getting hungry just writing this?



Food Dare

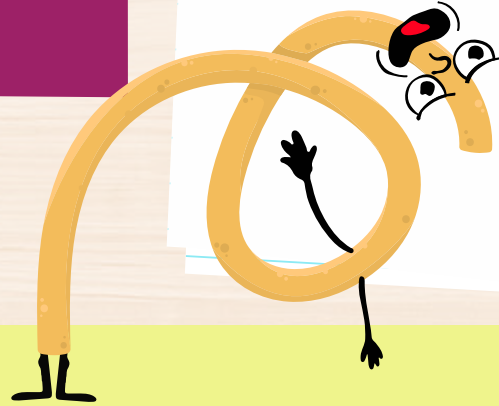
Make a dressing from scratch. It's easier than you think, and then you know exactly what's in it!



Share Your Family Meal Photos
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Suggestions

Experiment with flavors in a fusion bowl. Tex-Mex? Indo-Chinese? The possible combos are endless!



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Table Talk

Mealtime Activity

- 1 When is a failure a success?
- 2 Tell us about a time when you tried something new.
- 3 How do you like to be rewarded for hard work?



I'm Going on A Picnic...

"I'm going on a picnic, and I'm bringing..."
The first person to go completes the sentence with a word that starts with "A."
The next person repeats what the first person said and adds a word that begins with "B." Continue through the alphabet until you can't think of any more things to bring on your picnic!.

Just the Facts

Parents and caregivers can support learning about health in the home by involving children in cooking meals, shopping for healthy foods, reading labels on over-the-counter medicines, and by asking children to share health and safety behaviors learned in school.*

*Parent Engagement: Strategies for Involving Parents in School Health, Centers for Disease Control and Prevention, 2019.