



# Cook Together

Family Lesson (45 to 60 minutes)

By the end of this session, participants will:

- Prepare a recipe together,
- Identify a task for everyone to help in preparing the meal,
- Identify the benefits of cooking together.

## MATERIALS

- Writing supplies
- Sticky notes
- White paper
- Build-a-Salad recipe ingredients (refer to recipe card)

## HANDOUTS

- Cook Together (yellow) bookmarks
- Cook Together recipe card (yellow) (Build-a-Salad)

## OVERVIEW

The kitchen is often the central meeting area in the home. Cooking together is a great way to spend time as a family. Cooking Together helps children learn life skills, creates an opportunity to expose kids to healthy foods, establishes family traditions, and is a way to have fun as a family.

## ICEBREAKER GAME

Hand out Cook Together bookmarks.

 Ask participants to read the riddle and then discuss the question on the reverse side of the bookmark.

When you are done, bring them up to the board and we will share with the group.

 Who would like to share what they like about cooking together?

## LARGE GROUP INTRODUCTION

Tell families, “Cooking is a skill we use every day. While there are many ways to learn how to cook, most of us learn from doing it with our families. Cooking together is a great way to spend time as a family. There are tasks for everyone to share. The steps to getting the meal on the table include planning and shopping, preparation, setting the table, and cleaning up. With good planning, cooking together can be fun. In this session, you will cook together using a salad recipe.”

### Apply:

Think about the coming week.

- When will you cook a meal together?
- What will you prepare?
- What else do you need to consider to make this happen?

## FAMILY GROUP ACTIVITY

### Do:

 Ask participants to gather as family groups.

Review the Build-a-Salad recipe. Focus on the salad dressing.

Make the salad dressing.

Build a salad.

### Reflect:

With your family, share what means the most to you when you cook together.

Choose one person to write down your ideas on the sticky note.

## LARGE GROUP DEBRIEF

Today we looked at the benefits of cooking together as a family. Cooking together helps develop important skills, creates opportunity to



make healthy food choices, passes along family tradition,  
and celebrates the family!

Let's look at some of the benefits of cooking together as  
a family that people discovered tonight.

Enjoy cooking together and the meals you create.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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 EXTENSION



# Build-a-Salad

Salad Dressing (Serves 4):

- 3 Tablespoons olive oil
- 1 Tablespoon lemon juice
- ½ teaspoon red wine vinegar
- 2 ½ teaspoons fresh herbs (parsley or chives)
- Dash of salt

Tools

- Table knife
- Cutting board
- Measuring cups
- Measuring spoons
- Clean hands
- Sm. mixing bowl or cups
- 2-ounce sample cups
- Sporks
- Napkins
- Sanitizing spray

## DIRECTIONS

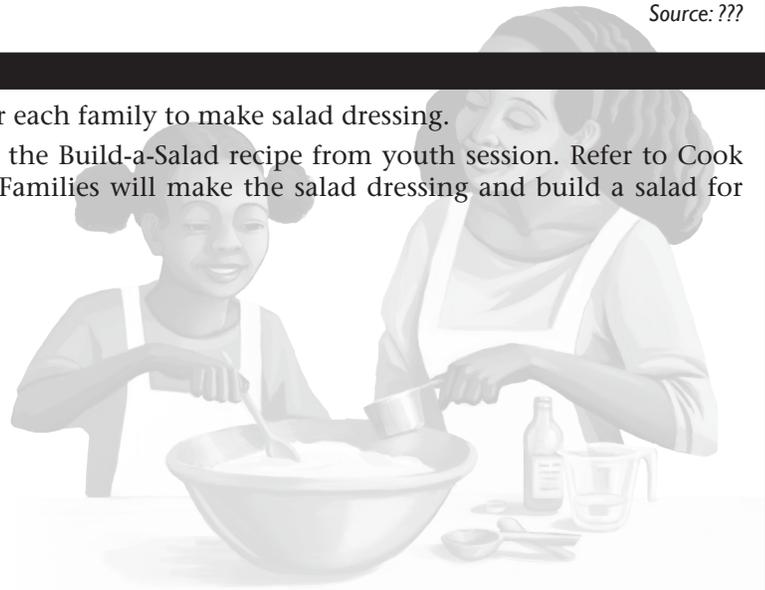
1. ???

Source: ???

## LEADER'S GUIDE

Set up work stations for each family to make salad dressing.

Prepare ingredients for the Build-a-Salad recipe from youth session. Refer to Cook Together recipe card. Families will make the salad dressing and build a salad for sampling.



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