

## Daily Challenge – Family Favourites

Eating together can create super memories.

Think about a time when you really enjoyed sharing a meal with your family. What was special about it? Who prepared the food? Was it a traditional meal that you always share on a special occasion?



Interview a member of your family. You could talk to somebody who lives in your house or you could speak to a member of your family over the phone or by using a virtual meeting place.

Find out about their favourite meal? Do they have a special recipe that they could pass down to you? What makes it special to them?

Perhaps you could write up the recipe. Remember to include the ingredients and utensils you need. Write clear, step-by-step instructions so that anyone can follow it. You could illustrate the recipe and send it on to other members of the family to create at home.

Have a go at cooking the recipe yourself and share it with those in your house.

You could write a thank you card to the loved one who shared their recipe with you. Tell them what you thought of it and how it made you feel.

You could even start to make a family recipe book or folder. It could become a family heirloom.

