

Wellness Engagement (WE) Petersburg 2.0

House Chat Leader Workbook



Wellness Ambassador:

Ward:

HOUSE CHAT WEEK 5

Family Meals

Learning Objectives:

Participants will be able to:

1. Learn about the importance of family meals in promoting healthier eating habits
2. Understand how family meals contribute to positive emotions, bonding, and a sense of connection among family members.
3. Develop easy-to-implement strategies for incorporating regular family meals into daily routines.
4. Discover how family and cultural traditions shape our relationship with food during shared meals.

I. Opening (10 minutes)

Group Check in +Support

- Can you share about any successes or positive moments where you have successfully added more movement to your daily routine? How did you tackle challenges, and what strategies worked best?
- What kind of support do you find most helpful when sharing your thoughts and experiences about movement within the group? How can we create an environment that encourages open discussion, idea sharing, and mutual support?
- In recognizing what's going well for everyone, what specific questions or methods do you prefer during our check-ins to share and highlight success stories in the group? How can we guide these conversations to emphasize positive experiences and foster a sense of accomplishment for everyone?

II. Week 5: House chat Topic & Video (5-10 mins)

Title: Family Meals

- Review Learning Objectives
- Play Session Content Video

Key Points

- Family meals enhance communication, bonding, and emotional connection.
- They contribute to a balanced diet with a variety of food groups.
- Regular shared meals create a positive family atmosphere, fostering unity and social support.
- Children learn healthy eating habits by participating in family meals.
- Family meals promote awareness of portion sizes and mindful eating.
- Consistent family meals are linked to improved mental health.
- Setting designated times for family meals prioritizes this essential activity.
- Family meals reflect cultural traditions, preserving heritage through shared recipes.
- Family meals are associated with better diet quality in youth

- Regular family meals decrease the risk of overweight and obesity in children.
- Family meals are linked to better psychosocial outcomes, including self-esteem, academic achievement, and psychological well-being.
- Family meals contribute to better cardiovascular health, as evidenced by decreased risk factors like blood pressure, cholesterol, and blood glucose.

III. Group Activity: *Family Meal Boost & Recipe Swap (15 minutes)*

Objective: Understand why family meals are important and share easy recipes to make meals more interesting.

1. Family Meal Boost (5 mins):

- Reflect on a recent family meal experience.
- Share one positive aspect that made the meal special or memorable.
- Discuss how the meal made you feel emotionally and any challenges encountered during the mealtime.

2. Recipe Swap (10 mins):

- Each participant shares a favorite family recipe that is quick and easy to prepare.
- Share the name of the dish, its main ingredients, and a brief overview of the preparation steps.
- Encourage participants to share recipes that resonate with their family's tastes and dietary preferences.
- After sharing, discuss potential modifications or adaptations to suit different tastes or dietary restrictions.
- Express excitement about trying a shared recipe for an upcoming family meal, and encourage participants to explore new flavors and ingredients.

**Wrap up by highlighting how family meals promote connection and well-being, and express excitement about trying new recipes to make mealtime more enjoyable.

IV. Group Discussion (20 minutes)

Discussion Questions:

1. What makes family meals special to you, and how do they influence the types of food you choose to eat?
2. Have you observed whether family meals increase your awareness of portion sizes and assist in controlling how much you eat? What factors contribute to this observation?
3. In what ways can paying attention to portion sizes during family meals positively impact your overall health?
4. What enjoyable activities or practices can families incorporate during meals to foster better communication and connection?
5. Are there any unique or enjoyable traditions during family meals that contribute to a closer bond among family members?
6. Are there specific challenges you face during family meals, such as managing picky eaters or addressing dietary restrictions within the family? How do you handle these situations to create a positive dining experience for everyone?

V. Closing (10 minutes)

A. Summary:

- Recap the crucial insights shared about the significance of family meals, emphasizing nutritional, emotional, cultural, and practical benefits.

B. Closing Activity: "Mindful Reflection":

- Invite participants to mindfully reflect on what resonated with them the most during the session.
- Encourage them to consider how the discussed concepts align with their current family dynamics and practices, fostering acceptance and understanding.

Next Week Prep:

- Consider experimenting with a new recipe or trying a different cuisine for an upcoming family meal.
 - Prepare to share any insights, successes, or challenges you've encountered in enhancing your family's mealtime experience.
- Feel free to bring any questions, experiences, or ideas related to family meals for our next session!

C. Q&A/ Appreciation and Encouragement:

- Express appreciation for participants' commitment to the learning process and encourage their continued active involvement in the house chats.

“It was so great to see each of you. I look forward to seeing you next week, please remember to participate in your walking groups.”