

LET THE KIDS COOK DINNER

This will depend on the age of your children of course, but they love knowing they're contributing to dinner. If they're old enough to chop, let them chop up ingredients, or if you've got teens on your hand... let them make the whole dinner.

Debriefing: Enjoy a hearty meal with the family. As a family, discuss the process of making the meal. Discuss the fun part, the challenging parts, safety, and what they learned in the process. Also, discuss where improvements can be made.