

Let's Get Cooking!



Assignment: Reflection paper on food management (20 points)

DUE: _____

According to Ellyn Satter, “the SECRET to feeding a healthy family is to love good food, trust yourself, and share that love and trust with your child”. Regular meals are essential to doing a good job of parenting with food. And the benefits of family meals will have a lasting and positive impact on children in all ways - nutritionally, socially, emotionally, academically, and beyond.



1. **Please review Part III “How to Cook” section of “Secrets of Feeding a Healthy Family” for inspiration, and many practical food skills, strategies, and time-saving ideas to be successful with the everyday challenge and rewards of getting meals on the table.**
2. **Select one recipe idea from the book, a “grab-and-dump meal”, “fast meal for one”, or a new vegetable recipe and make it for yourself and/or your family for dinner. If you have children, try out the suggestions for involving children in the kitchen or at the table.**
3. **Write a two-page reflection paper on your experience. Give it a good title!**
 How was the cooking and eating experience? What strategies did you find useful? How can you improve your food management skills?

Complete this self-test to help you be aware of what you’ve achieved in shaping new attitudes and behaviors. Include commentary on your own eating competence, and what have you changed or improved upon since reading Ellyn Satter’s book.

- _____ Do you have mealtime structure well in place?
- _____ Do you usually enjoy mealtime?
- _____ Would you say you have developed the meal habit?
- _____ Do you provide yourself with food you enjoy?
- _____ Do you regularly make use of the simple meal planning principles, offering a variety of foods and letting everyone, including yourself, eat what tastes good to them? (Figure 5.1, pg 48)
- _____ Do you generally tune in and enjoy your food? (Figure 3.1, pg 19)
- _____ Have you recovered your internal regulators of food intake, including finding your stopping place with eating? (Figures 4.2 & 4.3, pgs 32-33)
- _____ Do you depend on your internal regulators of food intake to guide you in how much to eat?
- _____ Can you put unfamiliar, challenging, and “nutritious” food on the table without strong-arming yourself or anyone else to eat it?
- _____ Are you generally relaxed about eating?
- _____ Do you feel comfortable about enjoying food?

RUBRIC for reflection paper on food management

TASKS	Exemplary	Developing	Beginning	Score
Recipe	Prepared an actual recipe for self/family from "Secrets of Feeding a Healthy Family".	Prepared an alternative recipe idea.	Did not prepare a recipe.	5 4 3 2 1
Content	<p>Contains detailed, substantive, organized, clear and focused information. Reflects knowledge and insight of assigned readings and classroom activities. Analyzes and applies information.</p> <p>Includes reflective thought on the cooking/eating experience, and self-assessment of eating competence, responding to most of the questions posed.</p>	<p>Content may lack detail and clarity. Readings may be referred to, but not clearly defined. Does not fully analyze or apply information.</p> <p>Includes reflective thought on the cooking/eating experience, and self-assessment of eating competence. Responds to some, but not all of the questions posed.</p>	<p>Content lacks substance, and is unorganized. There is little connection to course content or evidence of reflective thought.</p> <p>Does not include reflective thought on the cooking/eating experience, and self-assessment of eating competence. Does not respond adequately to the questions posed.</p>	10 9 8 7 6 5 4 3 2 1
Written Product	<p>Good title!</p> <p>Writing is concise, fluent, creative, and organized.</p> <p>Spelling, punctuation, and grammar are accurate.</p> <p>Written product is neatly typed and formatted.</p>	<p>Lackluster title</p> <p>Writing is generally clear and organized.</p> <p>Some spelling/grammar errors.</p> <p>Written product is of average quality.</p>	<p>No title</p> <p>Writing lacks clarity, focus, fluency, and organization.</p> <p>Many spelling/grammar errors.</p> <p>Written product is difficult to read and understand.</p>	5 4 3 2 1

Maximum points: 20