

# Make mealtime family learning time.



## *Family Literacy Day Activity Book*

Find fun family activities at: [FamilyLiteracyDay.ca](http://FamilyLiteracyDay.ca)



# 10 Tips to help your family 'Make mealtime family learning time!'

Here are some tips you can do together to 'Make mealtime family learning time.'

	<b>1 Follow a recipe together</b> <p>Pick a recipe to make as a family. Talk about the steps, ingredients, and cooking instructions. Then enjoy your meal together!</p>	<b>2 Write a grocery list</b> <p>Write a grocery list of ingredients needed for your family meal. Practice spelling, organize items by category, and add prices to practice math.</p>
<b>3 Get crafty with food packaging</b> <p>Make crafts together using food packaging such as plastic containers, glass jars, or recycled cardboard.</p>	<b>4 Eat your words</b> <p>Play with your food and write words and messages to your family with alphabet cereal and soup (we like cookie letters too!).</p>	<b>5 Play "What's that word?"</b> <p>Introduce new food words—like "zucchini" or "quinoa"—and look them up together. Talk about where the food comes from and how it's used.</p>
<b>6 Label the kitchen</b> <p>Make removable sticky note labels for everyday items in the kitchen (like "refrigerator," "spoon," "cup"). Write the item name in one or more languages to help learn new words together.</p>	<b>7 Create a family cookbook</b> <p>Collect your family's traditional recipes and make your own family recipe book. Write or type the recipe, include a favourite memory or story, and add your own drawings!</p>	<b>8 Try a cultural food night</b> <p>Pick a country, choose a recipe from there, and make it as a family. Why not learn a few words from the language spoken in that country, too!</p>
<b>9 Explore nutrition labels</b> <p>Pick a few of your family's favourite snacks and compare their nutrition labels. Talk about serving sizes, ingredients, and which items are healthy choices and why.</p>	<b>10 Kitchen cupboard scavenger hunt</b> <p>Make a list of items to find in your kitchen (such as "something that starts with B" or "a can with tomatoes"). Read labels together and talk about what each item is used for.</p>	



## Family recipe time

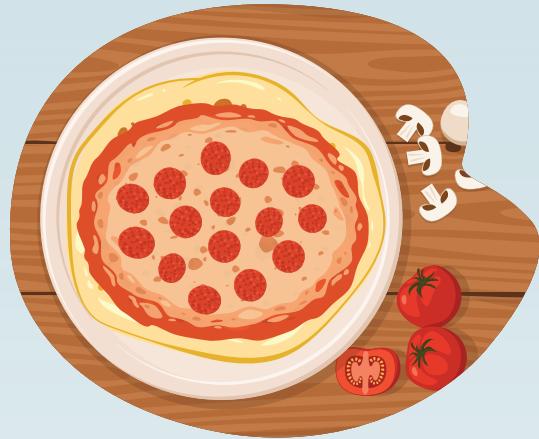
Cooking together as a family is not only fun and delicious, but it also helps everyone practice their reading, math, and language skills. Try out this recipe with your family today!

### Mini naan pizzas

**Makes:** 4 mini pizzas

**Preparation time:** 10 minutes

**Cooking time:** 10 minutes



#### You'll need:

- large baking sheet
- non-stick cooking spray or parchment paper
- spoon
- 4 small naan breads
- 1 cup of tomato sauce
- 1 cup of shredded mozzarella cheese
- toppings of your choice (pepperoni, bell peppers, mushrooms, olives, pineapple, etc.)
- Optional: fresh basil, parsley, or a drizzle of olive oil for garnish

#### Let's make pizza!

1. Ask a grown-up to preheat your oven to 400°F.
2. Spray your large baking sheet with non-stick cooking spray, or use parchment paper to cover the baking sheet.
3. Place each naan bread on the baking sheet, leaving some space between them.
4. Use a spoon to spread a layer of tomato sauce on each naan bread.
5. Sprinkle shredded mozzarella cheese over the saucy naan bread.
6. With help from a grown-up, chop your favourite toppings into bite-sized pieces.
7. Add your toppings on top of the cheese. You can make fun faces, shapes, or patterns!
8. Ask a grown-up to place the pizzas in the oven. Bake for 10 minutes, or until the cheese is melted and bubbly.
9. Let the pizzas cool for a few minutes. Then, with a grown-up's help, cut them into slices.
10. Optional: Sprinkle the pizzas with chopped basil, parsley, or a drizzle of olive oil.

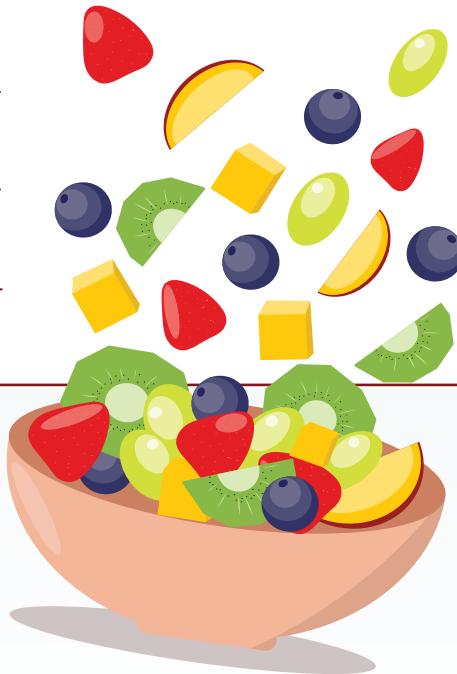
**Enjoy your delicious, homemade mini naan pizzas!**



## Fruit salad word scramble!

Can you unscramble the names of these delicious fruits? Work together as a family and write the correct word on the line beside each jumble.

1. PPALE \_\_\_\_\_
2. NABANA \_\_\_\_\_
3. GNERAO \_\_\_\_\_
4. YRRBEAWSRT \_\_\_\_\_
5. EPARGIUFRT \_\_\_\_\_
6. NPAEIPLEP \_\_\_\_\_
7. MOLEWNATER \_\_\_\_\_
8. IWKI \_\_\_\_\_
9. CHEPA \_\_\_\_\_
10. APER \_\_\_\_\_



### Take it further

Can you name three fruits that are red?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

1. apple 2. banana 3. orange 4. strawberry 5. grapefruit 6. pineapple 7. watermelon 8. kiwi 9. peach 10. pear

Answers



## A menu for your family

Plan a special meal with your family, and get everyone involved. Ask each person what they would like to add as part of the meal and write it down.

Family member name	Food suggestion
1.	
2.	
3.	
4.	
5.	

**Now make a menu for your family meal.**

A menu is a list of the food you will eat as part of your meal. Your menu can include something for everyone. You can draw pictures of the food too!

### Our Family Menu

Drink

Meal

Appetizer

Dessert



## What's on the food label?

Pick any packaged food item your family enjoys and look at the nutrition label.

What's the name of the food?

How many servings are in the package?

Is there any sugar in it?    **Yes**    **No**

Can you find a word in the ingredients you recognize?

Can you find a word in the ingredients that's hard to say?

Do you think it is a healthy food?    **Yes**    **No**

**Draw a picture of you and your family eating the food together.**



# Family grocery list

Plan your week's meals together as a family. Check your refrigerator and kitchen cupboards to see what ingredients you already have for your meals. Then write a grocery list for the foods you will need.



## Grocery shopping list

Item

How many I need

---

---

---

---

---

---

---

---

Total number of items

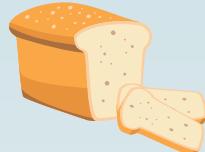


# Where does my food come from?

We eat many different kinds of food every day. Have you ever wondered where it comes from before it gets to the grocery store shelf?



Which food comes from which plant or animal? Match them below by drawing a line between them.



bread



chocolate



eggs



maple syrup



tofu



french fries



honey



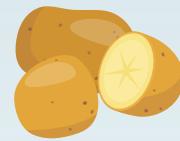
milk



soybeans



nectar



potatoes



chicken



sap



cocoa beans



cow



wheat



## Food word search

Can you find all the yummy food words hidden in the puzzle below?

Look up, down, across, and even diagonally! Circle each word as you find it.

M	E	C	A	R	R	O	T	O	R	A	N	G	E	F	M	P	Y
I	X	S	T	N	R	M	E	K	R	R	H	C	M	T	P	B	D
L	J	P	W	W	J	D	B	V	Q	G	S	H	U	W	A	Q	P
K	M	K	T	K	K	X	O	A	L	T	P	I	S	V	C	X	Z
J	U	D	P	I	Z	Z	A	A	A	B	M	C	W	C	R	X	Y
M	Z	R	T	J	G	I	G	R	B	Y	R	K	Y	A	E	X	O
M	P	S	D	C	U	C	U	M	B	E	R	E	N	N	L	B	D
S	A	U	F	C	J	T	O	M	A	T	O	N	A	E	X	C	H
H	S	S	F	U	A	P	P	L	E	V	H	H	P	D	H	X	D
E	T	H	R	P	G	H	O	E	A	S	M	O	C	U	Z	F	K
X	A	I	K	Q	I	Q	X	S	W	G	V	N	J	N	X	G	B
I	Q	G	O	O	C	B	U	N	J	X	C	E	R	E	A	L	R

APPLE

CHICKEN

PASTA

BREAD

CUCUMBER

PIZZA

CARROT

MILK

SUSHI

CEREAL

ORANGE

TOMATO

# Foods around the world

Can you guess what type of food is the popular dish of each country?

Match the country to the dish below.



1. Canada

Tacos



2. Sri Lanka

Pad thai



3. Thailand

Vegetarian curry



4. Mexico

Jollof rice



5. Turkey

Doner kebab



6. Nigeria

Poutine



# Eat the rainbow!

Did you know that fruits and vegetables come in every colour of the rainbow—and each colour helps your body in a different way? When you eat many different colours, you help your body stay strong, smart and full of energy!

Can you find a fruit or vegetable for every colour of the rainbow?

Write or draw one for each below:



Colour	Fruit or Vegetable
 Red	_____
 Orange	_____
 Yellow	_____
 Green	_____
 Blue	_____
 Purple	_____



# Family food time colouring sheet

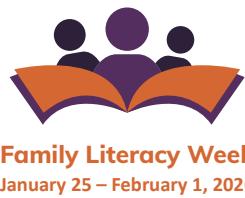
Time to get creative and colour in these delicious fruits and vegetables with any colour you want!



Find fun family activities at: [FamilyLiteracyDay.ca](http://FamilyLiteracyDay.ca)



# Make mealtime family learning time



**Family Literacy Week**  
January 25 – February 1, 2026

Mealtime can be a valuable learning time when families include shared activities, conversations and mindful eating practices. Cooking together can be a fun and engaging activity that strengthens family bonds and builds literacy skills.

## Why do this as a family?

Frequent family meals help children build developmental and social skills. Spending time with your children at the dining table and inviting them to help with meal prep can encourage them to try new things. It is important to expose children to different tastes and textures. This helps build motor skills like stirring, pouring and using utensils, all while enjoying being present and engaged together.

## Key Messages:

Mealtime activities can build a range of skills, from language and literacy to healthy eating habits.

- Parents can help their children develop lifelong skills and healthy eating habits.
- Children's literacy skills are developed through daily routine.
- Literacy is part of everyday life.

## What can children learn during mealtimes?

### Language

- New words and ways to describe food like “bitter”, “sour” and “crunchy”
- Oral communication skills as they learn to express likes and dislikes
- Names of new foods
- Following simple instructions

### Thinking skills

- Decision making, including what and how much to eat
- Concepts such as size, pattern, sequence, colour, number, taste, texture and sound

### Food safety

- Washing hands before and after handling food
- Safe cutting skills

### Physical development

- Trying different foods for a balanced diet
- Feeding themselves and preparing food as they build small muscle control and coordination
- Healthy eating habits that support overall physical growth

### Social-emotional skills

- Confidence from trying things on their own
- Eating together connects them to other people
- Family traditions and culture

# Make mealtime family learning time

## Where can I learn more about healthy eating for children?

- [Food Guides and Healthy Eating](#). Government of Canada.
- Acosta, J., & Cowie, T. (2010). Recipes. The Westcoast Reader. <https://thewestcoastreader.com/wp-content/uploads/2024/08/BestOfTheReader-Recipes.pdf>
- Ministry of Healthy Living and Sport, & 2010 Legacies Now. (2008). Food Flair: A LEAP BC™ early learning practitioners' resource [Guidebook]. [https://decoda.ca/wp-content/uploads/Food-FLAIR-English-Book\\_lowres.pdf](https://decoda.ca/wp-content/uploads/Food-FLAIR-English-Book_lowres.pdf)
- Root, L., George, S., & Nashkewa, A. (2004). Cooking. Ningwakwe Learning Press.
- Brown, Y. K., British Columbia. Ministry of Education, S. and T., Canada. National Literacy Secretariat., Open Learning Agency, & Heiltsuk College. (1997). Traditional Heiltsuk food. Ministry of Education, Skills and Training, Province of British Columbia.



## References

- Government of Canada. (2025). Canada's food guide. <https://food-guide.canada.ca/en/>
- HealthLink BC. (2023, March 1). Healthy eating: Helping your child learn healthy eating habits. <https://www.healthlinkbc.ca/healthwise/healthy-eating-helping-your-child-learn-healthy-eating-habits>
- ZERO TO THREE. (2010, March 5). Healthy from the start: How feeding nurtures your young child's body, heart and mind. <https://www.zerotothree.org/wp-content/uploads/2010/03/Healthy-from-the-Start-1.pdf>