

Internet Recipe Activity

Key Concept of Activity:



Team up with your preteen and use the Internet to find a healthy recipe for the family to make together.

Directions:

1. Conduct a web search with your preteen (use a site like Google, Yahoo, or Bing). Try searching for “quick easy recipes,” “healthy family dinner recipes,” or something similar.
2. Choose some website listings to check out. Let your preteen browse with you through the recipes that come up.
3. Take this browsing time to chat with your preteen about the following:
 - What foods do you like?
 - What recipes do you think sound tasty?
 - What new foods might you be interested in trying?
 - What recipe do you want to try making as a family?
 - Have your preteen complete the questions below as you discuss.

Preteen Worksheet

Recipes that I think sound tasty

1. _____
2. _____
3. _____

New foods that I haven't tried before

1. _____
2. _____
3. _____

Recipe that my family will try this week (copy from website)

