

### HOLIDAY MEAL PLANNING

Each of our families have special holiday meals. It can be Christmas, Fourth of July, or even a birthday. Not all families do holiday meals the same way either. Our family usually has turkey for Thanksgiving and ham for Christmas. My Jewish friends celebrate Hannukah with potato latkes. Yum. Let's get started on this holiday meal with some planning.



#### EARN THIS NUGGET

**All:** Have a family meeting to decide what the meal menu will be. remember to take into account any special dietary needs.

**Trailblazers:** Ask your parents to help you find something new to add to the menu and help make it.

#### Rockhoppers & Cragman:

- Find a recipe for at least one item on the holiday menu and plan to cook that dish on cooking day yourself.
- With your parents' oversight, make the grocery list and go grocery shopping for the holiday meal. Take your Trailblazer or Rockhopper siblings to help.

1. What holiday is being celebrated? This may determine whether traditional foods will be served. Also, ask family members if there is something special they would like to have, so you can consider it as well.

2. How many guests will be coming for the holiday meal? Do any of these folks have special food needs? You want to be sure to have enough food, but not too much. Plus, having items on the menu that everyone can enjoy will make the dinner more festive.

3. In some families, holiday meals always have the same foods. Christmas dinner in our family not only has turkey, but we also have sweet potatoes, a salad, and mince pie. Find out from your parents if traditional dishes need to be added to the menu.



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4. Sometimes a friend or relative likes to bring a special dish to the holiday meals. If you know that Aunt Margie likes to make a green bean casserole, you can include it as part of your menu.

5. Our holiday dinner will have appetizers for guests to munch on. What about yours? Our holiday dinner will have a dessert. What about yours? Some families like to just gather up to the table and start the main event. Others like to visit and chat while the food is cooking.



Let's review a minute. The first steps for a great holiday meal are deciding the food to serve: traditional or something new, family favorites, and special dietary needs. With this information, you can plan the menu and the all important grocery list.

6. With a parent's help, write the grocery list. Be sure to consider the budget for this meal.

7. Pick a day to go shopping. You may want to plan this day when someone can help you get all that food home.

8. Plan cooking days. Yes, I said days. Depending on what time you are serving dinner, some foods may need to be cooked ahead. Other foods, like pies and cookies, can be baked a few days before the holiday to save time.

9. On cooking day, get in the kitchen, and help prepare the best holiday meal ever.



#### Companion Lessons

Level C - 7B4 – Willing to Try New Foods

Level D - 8B1 – Peeling Vegetables

Level E - 924 – Making Cookies from Scratch

Level F - 1054 – Follow a Simple Recipe

Level G - 1114 – Make A Store Purchase Alone

Level H - 1211 Plan a Menu

Level G

1312 Make a Specialty Meal

1323 – Grocery List Making