

D8.14. Skills for making food choices with friends or family (food and nutrition)

Resources

Use the articles from the following list or you may use other similar resources that you know about.

- [Children gardening, cooking and cleaning at school \(2019\)](#)
- [Thrifty mum shares top tips for feeding family of five on a budget](#)
- [Making family meals enjoyable: Six ways to make family meals enjoyable](#)
- [Advice for parents How to turn around a fussy eater: Teens](#)

Scenario

Mealtimes in the Smith household are stressful. Everyone likes different foods. Hone will eat just about anything and as a growing teenager he eats a LOT. He is always complaining there's no food in the house and '*mum, when are you going to the supermarket?*' is said almost daily – one of mum's pet peeves is that Hone never writes on the shopping list the foods he has used up that she needs to buy more of.

His sister Hine wants to be vegan, but mum says they can't afford the food she wants to eat – not when she's got to make the weekly budget feed a family of six and what Hine wants for one meal costs more than what the family would normally spend on a whole meal! And '*if she wants to eat that way she'll have to get a part time job and buy some of the food herself to find out how expensive it is*'.

And the two younger children have their picky eating habits – they both want different things in their lunchboxes – which mum also has to organise each morning.

Dad is pretty easy going and just says he loves mum's home cooking and what a lucky man he is – many of his work mates wives/partners don't cook like she does.

Mum is pretty good at budgeting. She knows what things cost and knows how to stretch the money available to buy enough food for the family. They never go without but some weeks she finds herself having to buy cheaper products – not the preferred better-quality brands, or better cuts of meat or types of veges. She wishes the family knew more about what food cost and how she has to juggle things every week so they can afford all the other things the children need.

Mum gets fed up at times because she's the one who does ALL of the cooking – even after working all day, and she is also the one expected to do the family shopping. Because mum was tired and run down she recently ended up getting quite sick with a bad cold that was going around and the family had to look after themselves for a week. Realising what it takes to do the food shopping and the cooking, the family thought it was about time they each took some responsibility and contributed in some way to the food shopping, planning and preparing meals. But what, and how ...?

Summarising strategies for making food choices with friends or family

Identify the strategies (skills or actions) that could be applied to the situation in the scenario to enhance or improve hauora. **Identify at least 3 strategies overall.**

It is recommended that you try and identify two of each of personal, interpersonal and societal strategies for your learning journal, although you may only be required to cover two of these aspects in your final assessment.

<ul style="list-style-type: none"> Personal strategies 	
<ul style="list-style-type: none"> Interpersonal strategies 	
<ul style="list-style-type: none"> Community or societal strategies 	
How do the strategies relate to the idea of manaakitanga OR whanaungatanga ?	
How do the strategies relate to the idea of the [theme for this year] ?	
How could the application of each strategy enhance hauora in this situation. <i>Note that this means hauora overall, although you may mention specific dimensions where it is relevant to do so.</i>	
Use examples from the scenario and source material to show how the application of each strategy <i>could</i> enhance hauora. <i>You may need to infer this from the information provided.</i>	
Why are the strategies needed in combination to enhance hauora in this situation?	
Use examples to show why these strategies need to be used together.	
Why will the combination of these strategies, rather than one strategy by itself, make a better contribution to: <ul style="list-style-type: none"> manaakitanga or whanaungatanga [theme for this year] 	
How do the strategies show positive attitudes and values that support hauora?	
How well do the strategies consider all dimensions of hauora?	
How well are personal, interpersonal, societal strategies covered?	
What is another important strategy that is missing and what else needs to be included to enhance hauora in this situation?	