

Taste and Talk with Family Meals

Children and teens who have family meals do better in school and eat more nutritious foods. Eating together is a great way to connect as a family. Try a well worded question to spark a great chat about things that matter to you and your children.

Try these ideas out to get you talking!

- What's the funniest or strangest thing that happened to you today?
- If you joined the circus, what would your circus act be?
- If you had superpowers, what would they be and how would you use them to help people?
- In the book, *Stone Soup*, why did everyone like the soup they made?



Easy Bean Soup

What you need:

- 1 onion
- 2 carrots
- 1 cup soup broth or water
- 1 can crushed tomatoes
- 1 can red kidney beans
- 1 teaspoon of crushed garlic
- 1 teaspoon of chili powder

What to do:

1. Chop vegetables and place in a large pot. Dump the rest of the ingredients into the pot.
2. Cook the soup on medium heat until the vegetables are soften and cooked. It will be about 30 minutes.
3. Enjoy with your family!