

# RILEY'S RAINFOREST



“Send down...from the clouds of Thy mercy the rains of Thy healing...”

—Bahá'u'lláh

## EXPLORE & SOAR: DISH UP FAMILY TIME

Check out these appetizing ideas for happy family meals.

- Create a new tradition at mealtime, like playing a guessing game or answering a silly question.
- Find a new recipe that the whole family can help prepare.

## FAMILY FEAST

I love trying new food. So when my friend Pip invited me over to his nest for dinner, I was super stoked. Pip used to live in Japan, and his parents made a traditional dish called **okonomiyaki**. It's like a savory pancake that can be made from all kinds of seafood and veggies.

*It was amazing!*

Being with Pip and his parents was really fun, too. They told awesome stories! Pip said his family always has dinner together. Eating meals as a family is a great way to stay connected. It can help you eat healthier and feel happier, too. Pip said kids have more self-esteem and even get better grades if they have a lot of



family meals. I had no idea!

My family usually has dinner together too. But we've been busy lately, so we haven't perched at the table for long. I eat *super* fast because I want to go fly with my friends. It can be hard for everyone to juggle schedules and make time to eat together. But now I want to do it more often.

When I asked my parents about it, they agreed. We're going to have pepper pizza at the table tomorrow night, and I'll stay until *everyone* is done. We're

also going to try these ideas Pip and I came up with for fun family mealtimes. I hope they help you *dig in* to delicious moments with your fam!



- Choose theme nights, like Japanese, Mexican, or build your own pizza.
- Think of fun topics to talk about, like dream vacations or funniest moments of the day.
- Plan a meal around a favorite book, movie, or place you've visited.
- Ask everyone to pick a person or fictional character they'd invite to dinner. What would you serve them? What would you talk about?

## CURIOSITY CANOPY



Food is a satisfying way to explore cultures! Trying recipes from around the world can give you a taste of another way of life. Make a dish from another country, or ask a friend from that culture to show you how. You'll add new flavor to your meal *and* your friendship!