IDEAS FOR FUN STUDENT ACTIVITIES

Art Project
• Create a Family Crest that represents your family’s values, favorite colors, animal spirit and favorite thing to do together.
• Create a Family Tree and see how far down the roots go.

English Project
• Write an essay on the most important family meal of your life and why.
• Write an essay on which person in history you’d like to have a meal with and why. Include details on what you’d talk about and what you’d eat.

Journalism Project
• Interview fellow students about their favorite family dinner moment.

Drama Project
• Create short skits on funny moments heard at the dinner table.

Math/Science Project
• What is the calorie count of your favorite meal? What foods could be substituted from each category in the Food Pyramid to reduce the calories by 20%?
• Explain the science on why dark-green leafy vegetables and foods high in antioxidants are good for nutrition. List some common choices for these foods that are often served in your home.

Photography/History Project
• Develop a photo project showing images of family dinners with a creative spin on historical periods, fashion, or technology.

Even more materials and activities available for download at:
www.informedfamilies.org/campaigndownloads

Family Dinners Are The Original Social Network!
Have students share photos of their family eating dinner together on Social Media using #FLFamilyDay for a chance to win a $100 Publix Gift Card. If your school is the school in Florida with the most family entries, the school will win a $250 Publix Gift Card.