

## **PowerTalk for Families**

### **Enjoy the Journey—Culinary Conversations**

Our days are filled with many good and worthwhile activities. Sometimes, in an effort to “fit everything in” and complete every task, we miss the opportunity to actually *experience* those good and worthwhile activities. We can become so focused on the outcome of the task (did we win, get an A on the test, score a goal, etc.) that we fail to learn anything from the process. Confidence is built by experiencing successes as well as failures—the key component is the experience, not the outcome. We can only learn from the experience when we focus more on the efforts—the journey—than we do on the results. Use this PowerTalk activity to help your family learn to enjoy the journey while you create a tasty treat to share.

#### **Culinary Conversations**

Cooking with our kids helps us to teach them important life skills while spending time creating something as a family and learning to enjoy a process. Remember, the emphasis should not be on the finished product, but on the process you are using to get there. Don't worry about mistakes or mess, try to problem solve together. Keep lectures out of the kitchen and replace them with laughter. Be present and involved, but allow your child(ren) to participate in every step of the process.

1. Choose a favorite family recipe that isn't too complicated or find a recipe for a food that everyone will like to eat or you can use the recipe on the back of this sheet.
2. Make sure you have all of the ingredients necessary for the recipe. If it requires a trip to the store, include your children in that part of the process.
3. Before you get started, make sure each member of the family knows what you are creating and has seen the recipe. You can have one family member keep track of the steps and instructions on the recipe. Make sure everyone participates and has a role in the process.
4. Gather all supplies necessary: measuring cups, spoons, bowls, utensils, food items, pots/pans, etc.
5. Complete the recipe. As you go through the steps of the recipe, make sure that you are talking about what is happening. Ask your children questions like, “What would happen if we substitute salt for the sugar?” “Why do you think we put this ingredient in last?” Help them think about the process, not just the end result.
6. While the food is cooking or cooling, have everyone participate in the clean-up.
7. As you enjoy eating the yummy “outcome,” take a few minutes to review the “process.” Was it fun? Why or why not? While you were preparing the recipe, were you only focused on the end product? What happens to the recipe if you don't focus on the process? When we only focus on the outcome, are we really learning everything we can about the process? Are there other parts of our lives that we need to focus on and enjoy the process more than the outcome? How can we do that?
8. Continue the conversation in the coming weeks. Use the questions from #7 to talk about enjoying the journey in other parts of your child's life (for example, preparing for a test, playing a soccer game, completing a school project, learning a new hobby, resolving conflicts with friends).

As you help your child build competence and confidence, your reactions and encouragement play a significant role. Remember to praise the effort, not the result.

## WHOLE-WHEAT ZUCCHINI BREAD

### ZUCCHINI BREAD

#### INGREDIENTS

- 3 cups whole-wheat flour (I used King Arthur's white whole-wheat flour)
- 1 tablespoon cinnamon
- 1 ½ teaspoons baking soda
- ¼ teaspoon baking powder
- ½ teaspoon salt
- 3 eggs
- ¾ cup oil (I recommend melted butter)
- ½ cup honey
- 1 teaspoon vanilla
- 3 cups grated zucchini
- 1 cup chopped nuts (optional – I have tried both pecans and almonds, although walnuts would be good too)

#### INSTRUCTIONS

1. Preheat oven to 300° for small loaf pans or 325° for large loaf pan or muffins.
2. Blend the dry ingredients.
3. Make a well (or hole) in the center and pour in the eggs, oil, honey and vanilla. Stir just until mixed—do not overmix.
4. Fold in the grated zucchini and chopped nuts if using. Pour batter into greased loaf pan(s) or muffin holders and bake until a toothpick comes clean in the top/center of the loaf or muffin.
  - If using smaller pans bake for 30-40 minutes. I was able to fill four of my small loaf pans.
  - For one larger loaf pan bake for 50-60 minutes.
  - For muffins bake for 15- 20 minutes.

Enjoy and don't forget to freeze the leftovers!