

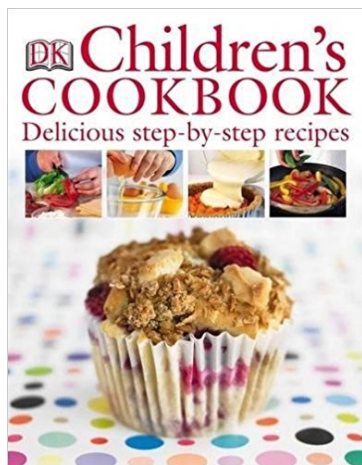
Holy Habits session 7 – Eating Together

Introduction:

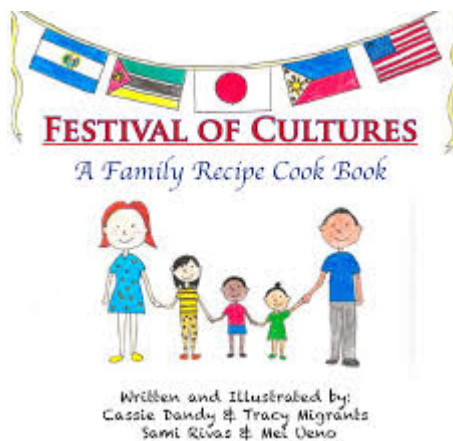
Discipleship is as much about ‘doing’ as ‘having done to’ and children and young people can often be missed out because they’re not seen as having the skills and resources to offer. Some of the resources recommended here will allow them to use (and develop) their skills for the benefit of all.

But it’s not just about eating together – it’s about what we take about and share whilst eating (but never with our mouth full!) that makes eating together a Holy Habit...

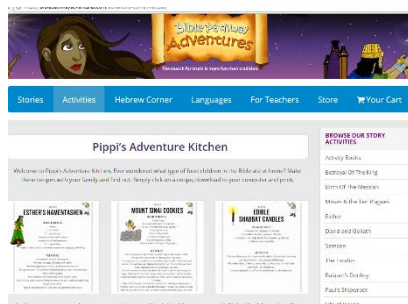
Resources for use with children under 11 years



This great kid's cook book features step-by-step photography plus mouth-watering pictures of each finished dish. Children are encouraged to think about nutrition throughout the book and each recipe can be adapted to suit individual diets or tastes. Illustrated glossary explains techniques and cookery terms. Ages 7+.

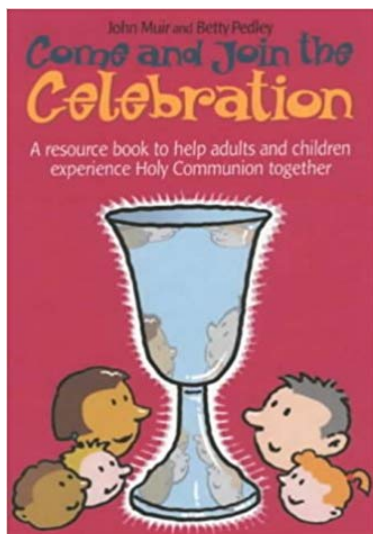


This online PDF booklet, [A Festival of Cultures](#), is rather Americanised and the recipes in it use American measurements, but it is a lovely story/recipe book combined which could prompt family discussion about different cultures and festivals and could be adapted in lots of different ways – maybe a family meal in which each member contributes one item which holds special meaning to them.



This online resource has recipes linked to lots of different Bible stories that families could explore together. Try Gideon’s barley bread or Esther’s Persian rice pudding and discuss the story as you eat them together.

<https://biblepathwayadventures.com/adventure-corner/recipes/>



- The meal we all think about... A photocopiable resource on how to help children understand the liturgy and structure of Holy Communion, with activities for use in church, resource sheets, and ideas for including Communion before confirmation, workshops and school Eucharists.

Resources for use with teenagers



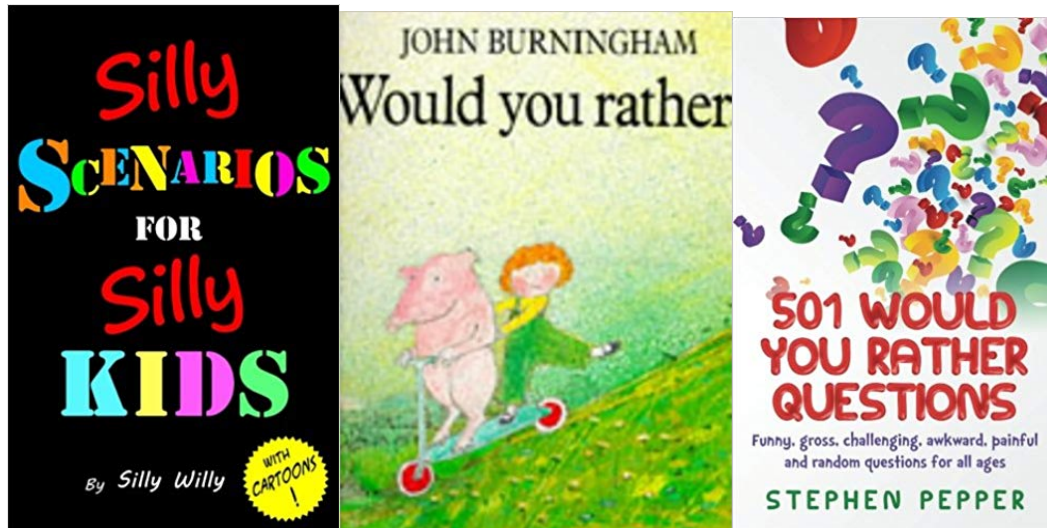
The BBC | Good Food website has some great recipes for feeding a crowd – ideal for church events.

www.bbcgoodfood.com/recipes/collection/feed-crowd

Christian Aid has a great resource looking at world hunger:

<https://www.christianaid.org.uk/resources/about-us/who-pays-price-hunger-hidden-cost-tax-injustice-may-2013>

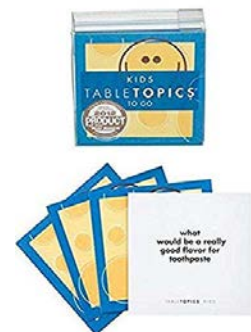
But how do we start the conversation? Well, you could try these:



Some funny, some outrageous, some serious – you do, of course, have to censor some of the questions as not all will be suitable for every age!



These sets of conversation starters for children and families has a series of cards which can be used to stimulate dinner table chat. Or you could make your own, of course



And, if you've been following this series of resources, you'll know of the fantastic resources available from www.christianaidcollective.org