FAMILY CHEF

STUDENT NAME: **CLASS:**   **DATE:**

Hello, chef!

Your passion for the culinary arts and eating great food inspired you to become a chef. One of your favorite joys is to help your family cook delicious fish diners … especially at the shore lunches they like to throw after a long day fishing. A shore lunch is when a family harvests, cooks, and shares a fish dinner near the shoreline of a lake, river, or waterway. Your lunches are so scrumptious that a journalist heard about it. And now, the Foodie Magazine would like to feature your family in their next article: "How Families can Have a Shore Lunch." Before documenting your family shore lunch, the journalist would like to know what your family thinks the article should highlight. **You think that families should learn how nutritious fish can be for families. That's why you believe the article should highlight a healthy fish recipe that families can cook outside.**

To pitch a great article, you should first **research** about the following topics that your family believes to be important:

- Fish are actually very healthy for people to eat. What are some of the benefits to people's health when they consume fish? _____
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- Besides deep frying, there are other ways families can cook their fish. What are some other ways families can cook their fish in the outdoors? _____
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- Are some cooking methods healthier than others? _____
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_____

- Choose a healthy recipe for the family: _____

- What are the supplies you will need to cook the fish? _____
_____
_____
_____

- How will you serve the fish to the family? _____
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Then share your discoveries with your other team members who also have been invited to pitch ideas to the journalist. As a group, discuss how families could have a fun, healthy, and sustainable shore lunch. Then create a "How To Have a Family Shore Lunch" magazine article on a large poster. When writing the article, consider the following:

- How do families catch the fish?

- What recipe can they use?

- How do they cook it?

- How do they set up the shore lunch?

- What can families experience?

In Session 3, all the groups will pitch their magazine article to the journalist with supporting research and reasons. The class will then debate and select the best ideas from different articles to create the ultimate magazine article. So be creative and spruce your article up with graphics, images, and artwork to create a kick-butt article!