

In the classroom we have been making my food bags. Everyone has been connecting them to their family's values. In class we made a couple different recipes and then chose the one that really connected to us. I chose a meal that was high in protein and nutrients that would help me physically recover from the activity that I had done on the day of making the meal. I also made sure that everyone in my family would enjoy it. I picked a day that everyone was home, so that we could all share the experience of this meal.

My taha tinana was positively affected by the nutrition in the meal I made on a Saturday night after rugby. The meal I cooked was a pork stir fry on rice. This meal was packed with vegetables that gave me some vitamins and fibre, the pork mince gave me protein, and the rice gave me carbohydrates, this makes a balanced food plate. The protein was good because of the muscle repair after a big game of rugby. And the fact that I was going to be able to go to sleep knowing that I just ate a meal that is going to affect my body and my family in a positive way.

I took the food bag home, when I was cooking for my family, I felt good knowing that I was taking some of the responsibility of providing a nutritious meal, that would not only taste good but be extremely healthy for my family. This means that I was not the only one benefiting from this meal. I believe that Mum was less stressed out knowing that she did not have to organise the dinner and gave her some time to herself.

We sat down as a family which doesn't happen very often, so I was very happy, it was nice to spend time over a meal, which was relaxing and helped me connect with my family more. We talked about the rugby that we had played that morning for a bit, which positively affected my taha hinengaro because I like chatting about rugby. We also discussed upcoming events that we would do in the future. This also made me think about it, being a regular thing just because of the happiness that everyone was experiencing when they were together sharing a meal.

When we were finding out what meal we wanted to prepare for my family, I had a lot of good chats with my mates. This was a very good experience because you and your mates cooked together which was good. For example [REDACTED], and I now know each other's ability in the kitchen. The impact of this will be from now on we won't have to tell each other what to do in the kitchen. This positively affected my te taha whanau knowing that I have good mates in my class that if I'm in a tricky situation I can easily rely on him to help me figure it out, also [REDACTED] came to me asking for some advice and I gave an answer that helped him out, this shows how you can connect over different things that you both enjoy.

As I was preparing this meal for my family, I thought about where the food came from and how it will affect my body. In my recipe it needed spring onions, and I knew that Mum is growing spring onions in the veggie garden, so I went out and picked two of the best-looking ones, it was nice to know that I had not just brought all of my ingredients from the supermarket, but some mahi actually went into the creation of this meal. I also found when we were eating the meal we weren't just eating it, we were sharing a connection through the food. So, when we did the karakia I found that it just unlocked a different dimension to eating the food, as if we were doing more than sharing a meal and this was how my taha wairua was affected by making a meal for my family.

I feel that my hauora was affected in a positive way by this activity and that is shown in how many different walls of Te whare tapa whā this has affected. I believe that I woke up the day after in a positive physical place and I believe this is because of the nutrients in the meal affecting my taha tinana. Hanging out with my family was a great experience because of the good conversations that we had and how positive the vibes were at the dinner table, sharing

a meal is a good way of taha hinengaro, and connected me and my family together. Now knowing that I have [REDACTED] as a mate is great for my taha whanau. And lastly connecting it all back, I believe that this task was a great way of connecting with yourself and others.