

The activity we were given was to create a food bag from a selection of recipes, to then cook a meal for your family. Our first task was selecting the recipes in class, then adapting one of these recipes for my family, assembling and taking your dinner bag home, preparing your dinner meal and finally enjoying dinner with my family. Throughout all these steps we had to ensure we kept to our budget of \$20 and adapted a recipe to your families likes whilst following the balanced plate module. This links to food and nutrition as we had to utilise the skills we had learnt previously to create and adapt a recipe as well as following the balanced plate guidelines. We then had to reflect on how this meal affected our Te Whare Tapa Wha, in particular the connections each step had, and which wall it affected.



My Taha Tinana was affected by this activity as the meal cooked, provided me with many different nutrients and followed the balanced plate module. Some of these nutrients are protein, complex carbohydrates, fibre, vitamins and more. This being something my family and I value as it is important to follow the balanced plate module, especially as all us kids are still growing and require key nutrients. In particular a key nutrient that had an impact on me was complex carbohydrates. This provided me with longer lasting energy meaning as this meal was more sustainable, I was able to complete more challenging activities. For example, this provided me with the ability to go and play a netball game and at my best, as I was fuelled with the right nutrients required. This can then be further linked with my Taha Whanau and Taha

Hinengaro as they both are impacted from playing a netball game.



My Taha Hinengaro was positively influenced as I was able to provide a meal for my family. Resulting in a positive impact on not only myself but members of my family, who were given a break of cooking for that night. I was given positive feedback and could tell my parents were immensely grateful for the meal. Further linking this with my Taha Wairua in which we were able to align with one of our values in eating a meal together at the dinner table. It highlighted the importance of being able to cook a meal by yourself but doing it for others. Also, the opportunity to adapt and come up with a recipe suitable for your family to ensure everyone would enjoy. All of this let me understand that through this I was able to

further impact not only my Taha Hinengaro but those involved, this being my family. Overall resulting in a positive impact for my family and I.

This activity has affected my Taha Whanau as I was able to adapt and create a meal for my family, but also include the nutrients I needed for sport. Through this I was able to spend time with my family as well as provide a home cooked meal. Creating and cooking this meal meant that we were able to sit down and enjoy it together as a family. This being an important tradition as it is the one part of the day, we are all able to spend time altogether. It not only impacted my family but also my friends. For example, by including key nutrients I was able to play at my best during my netball game, whilst also being able to do this with my friends. This meant that I was able to influence not only my Taha Whanau but others as I was playing well, meaning we were able to perform well as a team, as well as this being able

to benefit my Taha Tinana and Taha Hinegaro.

My Taha Wairua has been influenced as many of my family's values and beliefs align with what we were doing in this activity. For example, eating dinner together at the table, balanced plate/less processed foods, time spent with each other and a home cooked meal. This allowed all of our values to be an aspect in this task and highlight the importance each tradition has in our day to day lives. Going on further to outline how much of an impact this has on giving one of your family members a night of cooking. For example, Mum usually would cook for us each night and was able to relax and receive a meal I had cooked. This also highlights one of my values which is having a challenge or something I can strive for. In particular if I were to continue cooking a meal each week for my family it would provide me with the challenge of finding a recipe, adapting it to something all members of my family would enjoy and making sure I was consistent and completed it each week.

Overall, this activity has resulted with a positive impact on myself and my family. It has provided me with the knowledge that I can cook a meal for my family whilst implementing all four walls of my Hauora. In the short term if I were to continue this activity, I would continue to get the same results and benefits from each dimension. For example, if it were to become a regular task of cooking a meal for my family once a week, I would be able to have a larger impact than just a one-off night and would then result in a long-term impact. In particular this would have a huge effect on my parents Taha Hinengaro with giving them the relief of cooking that night. It goes on further to outline my Taha Wairua in which I like the opportunity to face a challenge or try something new. In the long term it would challenge me to find new recipes, plan a night I was to do this on and provide something my family would enjoy. Which then all goes on to directly relate to my Taha Whanau and Taha Tinana.