



Cooking with Colours

Eat the Rainbow!

Goal: Get the whole family involved in cooking a meal!

[Tip]: Try to make a meal as colourful as you can by using fresh, canned, or frozen fruits and vegetables.

Click [here](#) for a video tip!

Why is this important? People who believe in themselves and accept the way they want to live will model confidence and independence for others.

References: Wittkowski, A., Garrett, C., Calam, R., & Weisberg, D. (2017). Self-Report Measures of Parental Self-Efficacy: A Systematic Review of the Current Literature. *Journal of Child & Family Studies*, 26(11), 2960–2978. <https://doi-org.uwinnipeg.idm.oclc.org/10.1007/s10826-017-0830-5>