Plan a meal together. Discuss how the meal will be structured and what it will include. Decide on the roles you each will play in the meal preparation.

♦ **Theme**: decide together on interesting themes (e.g., finger-food only meal, dishes from different countries, etc.) which can be used to guide the preparation of the meal.

♦ **Menu**: it can be agreed that new ideas and recipes will be tried.

♦ **New Items**: you may agree to include one thing each of you has never tried.

♦ **Guest List**: your creative meals can be shared with family and friends.

♦ **Party**: small gatherings or larger parties can also be organized if desired.

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**How will this activity promote the parent-teen relationship?**

- Working as Equal Partners
- Creativity
- Social Connections
- Learn from each other
- Enjoy spending shared time doing something creative and fulfilling

**Preparation Needed:**

- Decide who and how many to invite.
- Decide where to have the gathering.
- Decide what things are needed in addition to the food.
- Shop together to purchase the items needed for the gathering.

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