

Family Council

Family Education Videos on “Love Across Generations” — Build Family with Love, Pass down Virtues

Episode 4: “Relay” in the Kitchen

Video’s Transcript

Son : No one will be watching, it’s pointless!
Let’s dig in!

All : Dig in!

Son : I’ve told my teacher
that I want to run the first leg or the fourth leg,
for I’m the fastest runner.
Mum, no one will watch for the second leg.
It’s pointless!

Mum : Son, get the tableware ready and set the table nicely.

Son : Okay.

Mum : Very nice!
Now help bring the dishes out, we have shrimp tonight.
Pour some soy sauce into everyone’s sauce plate.

Son : Okay.

Mum : Wow! The dishes are arranged so nicely,
and not a drop of soy sauce is spilt.
Now this meal looks even more appetising, right?
Serving a meal is just like a relay.
Mum’s cooking is the first leg.
You setting the table and pouring soy sauce make the second leg.
Dad knowing our portions
and serving us rice make the third leg.

Which leg do you think is the most important?

Son : They're all so important.

Mum : That's right!
If for the first leg Mum's cooking is no good,
or if for the second leg you don't set the table well,
or if for the third leg Dad doesn't serve us the rice,
then we won't be able to enjoy this meal.
No matter how fast and strong the final leg is,
without the good foundation laid by the previous legs,
there's no way to win.

Dad : Running the second leg is just like you arranging the dishes.
When you run well,
it's like you're passing the steadiest baton
to your next teammate,
who can focus on sprinting ahead
with your robust support.
You're not unseen.
You're one of the heroes of the whole team.

Son : Then... what's the fourth leg?

Dad : The fourth leg? Digging in for sure!

All : Let's dig in!

Dr KWOK Ka-yiu,
Daniel : Family education, in its most effective way,
often lies in the details of daily life.
In the story, the wise mum turns meal-serving, a family activity,
into a lesson on the abstract concept of teamwork
so that her son can experience and understand in person.
This kind of life-based education
is far more powerful than mere lecturing.
Parents can make use of everyday moments,

such as doing housework together
or planning weekend activities,
as a process guiding kids to realise
the importance of cooperation and mutual support.
When children learn responsibility and respect through practice,
they are more likely to apply these values
to their studies, interests and future work,
and establish healthy habits and a positive attitude towards life.