Rosa's Dilemma: A Real-Life Story

Rosa is married and has two sons, aged 7 and 10. Her husband Tomás works Monday through Friday for a construction company. He leaves for work at 6:30 a.m. and gets home at 4 p.m. Rosa works Monday through Friday at a restaurant. She leaves home at 10 a.m. and gets home around 7 p.m.

Rosa prepares the family's dinner after she comes home from work every night. Many times, she is too tired to cook, so she often picks up a pepperoni pizza, hamburgers and fries, or fried chicken on her way home.

Rosa sees that the whole family is gaining weight. Tomás wants her to make traditional Latino dinners. Rosa tries to get her husband to help her with dinner, but he is also very tired. Besides, he thinks that cooking is the woman's job.

What can Rosa do?

Write down some ideas for Rosa to try: