



Mealtime Conversation Cards

Meal and snack times provide great opportunities for children to learn about nutrition, social skills and other important habits. These questions can support conversation between children during mealtimes while helping children understand and appreciate healthy food and where it comes from.

How to Use:

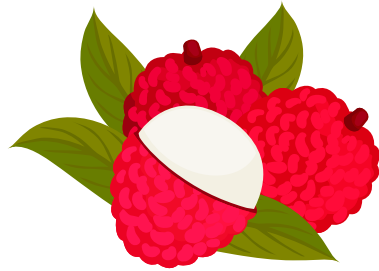
1. Print and cut the set of cards
2. Place cards in a basket or paper bag
3. Mix up the cards
4. Take turns choosing a card and responding. There are no wrong answers!



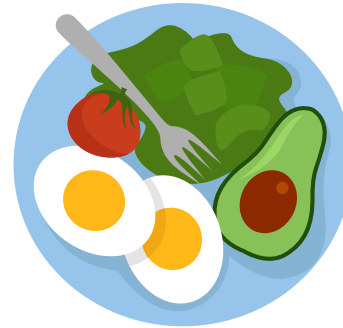
Where do the foods on your plate grow? In a tree? Under the ground?



What new food would you like to try?



What foods are on your plate?



What is a fruit that starts with the same letter as your first name?



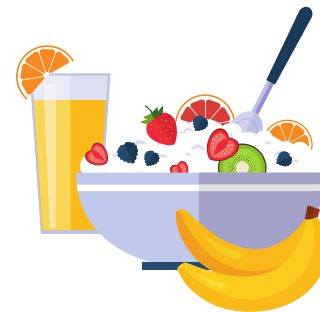
What words describe the food you are eating?



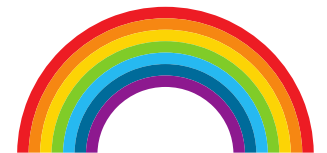
If you had a garden, what fruits and vegetables would you grow?



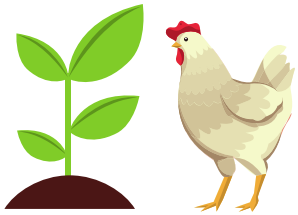
What is your favorite meal? Breakfast, lunch or dinner?



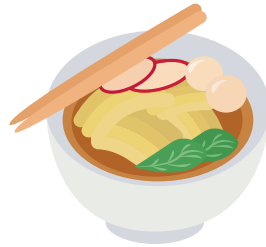
What is the color of your favorite fruit and vegetable?



What foods on your plate come from plants?
What foods come from animals?



What food from another culture you would like to try?



Why do we need to eat fruits and vegetables?



Name a recipe that is fun to make. What do you put in it?



Who grew the food you eat?
How does it get to the store?



Can you name any purple or blue fruits and vegetables?



What is a food you didn't like but now you do?



If you had a restaurant, what foods would you serve?

