

Mealtime Topic Cards from *Foodhero.org*

Use the mealtime topic cards to start a family conversation. Cut out the cards and put them in a bowl. Let each family member pull out a card when it's his or her turn. Give everyone (including young children) a chance to be part of a conversation.

What was the best thing
that happened today?
What was the worst
thing?

What is a funny thing
that happened today?

What kind of books do
you like to read?

My favorite food is

If you could only eat one
food for the rest of your
life, what food would you
choose?

What would you like to
learn how to cook?

What did you do today (at
school, work, home)?

If I had a garden I'd
plant _____

If you had an extra room
in your house, what would
you use it for?

If you had super powers,
what would they be and
how would you use them
to help people?

Where would you like to
go (near or far from
home) as a family?

Next week can we
_____?

