

## **Cent\$ible Conversations**

Eating is one of life's great pleasures.

Use these cards to start mealtime

chats. Everyone gets a turn!

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Developed by Wellness IN the Rockies

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If you could spend all day with a friend, who would it be and what would you do?



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How does your body tell you when you are hungry?



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What is the best tasting food you have ever eaten?



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What is one thing you are really good at?



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After our meal, what game or activity can we do together?



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How does your body tell you when you are full?



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What is your favorite fruit? How many different ways can you eat it?



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What new food would you like to try next week?



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What activities help strengthen your muscles?



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What physical activity would you like to learn or to try?



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What is your favorite vegetable?  
How many different ways can you eat it?



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How do you be a good friend to others?



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Pick a food. Describe it using all five senses (taste, smell, sight, sound, feel).



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What can you do to be more accepting of people of all shapes and sizes?



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Think of a person you know.  
Tell about all the things you like about him/her.



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What makes a person successful?



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Tell each person at the table something they do that you like.



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What would your friends say is something they like about you?



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What is your favorite home-cooked meal?



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What is your favorite physical activity?



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What kind of outdoor games do you like to play?



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How do you feel after being physically active?



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How do you think people feel when they are teased about how they look?



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Pick a food from our meal. How was it grown and produced?



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What is unique about the person to your left?



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If you gave yourself an award, what would it be?



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What is the best thing that happened to you today?



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What are all the different colors we can see in our meal?



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What physical features do you have in common with family members?



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