Eating Fun

Mealtime Enjoyment Activity

Objective:
Practice skills for making mealtimes social and enjoyable with interesting conversations.

Age:
8 years and older.

Length:
Approximately 15 to 20 minutes.

Supplies and Materials:
1. Snack Time sheet – one for each group.
2. Copy one WINNING Conversations handout set for each participant’s take-home bag. If time and resources permit, print on card stock, cut and stack so each person gets a set of cards.
3. Snacks (prepared during snack activities). If all three are prepared, you would have fruit Smoothies, veggies and dip, and fresh bread sticks or mini-loaves.

Note: An additional snack could be a fruit salad using the same kinds of fruits from It’s In the Bag activity. For example: star fruit, kiwifruit, pomegranate, persimmon and papaya. Add some oranges and apples too.

4. Water, cups and napkins.

Special Considerations:
Food Allergies: Be aware that some participants may have food allergies. Provide a variety of snack choices.

Activity Directions:
Once all the snacks are prepared, divide into groups of 4 to 6 participants. Ask them to sit together to enjoy their snacks. While they savor the great tastes, smells and sensations of the foods, have them ask each other the questions on the Snack Time sheet. The questions are as follows:
* Which snack do you like best? Why?
* What new food did you try today?
* What food are we snacking on that you have eaten before?
* Which of these snacks do you think you would not make again? Why?
* Which snack do you think is the most interesting looking?

**Take Home Tidbit:**

*Conversation Cards* handout.

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