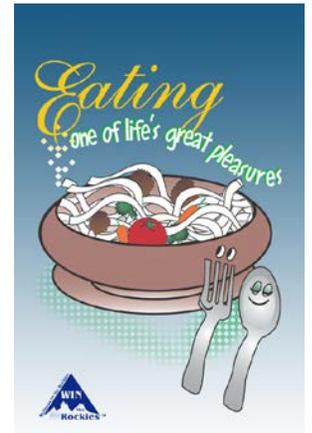


# Eating Fun

## 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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