Eating is one of life's great pleasures. Use these cards to start mealtime chats. Everyone gets a turn!

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**WINNING Conversations**

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

How does your body tell you when you are hungry?

What is the best tasting food you have ever eaten?

What is one thing you are really good at?

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

How does your body tell you when you are full?

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

What new food would you like to try next week?

What activities help strengthen your muscles?
What physical activity would you like to learn or to try?

How do you be a good friend to others?

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

What makes a person successful?

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

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

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

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

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

What is your favorite home-cooked meal?
What is your favorite physical activity?

What kind of outdoor games do you like to play?

How do you feel after being physically active?

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

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

What is the best thing that happened to you today?

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

What is unique about the person to your left?

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

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