



LET'S START TALKING

Meal time conversations
with your family

Did you know...

The number of positive, quality words that children hear can really increase their future success?

Eating together as a family promotes healthier eating and body weight, while giving children the chance to learn more words and communicate better.

Find some ideas to get you started on the back of this card. Start with one meal a day. It doesn't have to be dinner.

Happy meal time!



Child & Youth
Network

Conversation Starters

- If we gave up watching TV for a week, what would we do instead?
- If you could eat only one food for the rest of your life, what would it be and why?
- If you could make your whole house out of food, what food would you use and why?

Word Play



- Ask your children to hunt for letters, words or numbers around them. Start with the first letter of your name, or their age. How many times can they find them?
- What is the most frequently used food word on the menu?
- Say word that rhyme with the numbers 1 to 10. Example: four/door

Fun & Games



- Make a grid on the table with straws or utensils. Use sugar packs, coins, etc. for X's and O's.
- Everyone thinks of an ingredient. They must say or write down their ingredient. Now work together to invent a new dish that uses all the ingredients. It can be silly!

Plan Ahead



- Place folded slips of paper with a variety of instructions in a small bag. Each person takes a paper and follows the instruction. For example, "make a silly face"; "hug the person next to you"; "recite the alphabet".

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Conversations with your family
on the move

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Conversation Starters

- If you could invite anyone over for dinner, who would you invite and why?
- Instead of asking, "How was your day?" ask each person to share their favourite part of their day and then the most difficult part of their day.

Word Play



- Choose a category such as "food". Starting with the letter "A" continue through the alphabet as each person says a word that begins with their letter and fits the category.
- One person calls out a food and each person must think of a word that rhymes with it. The first person who can't must name a new food.

Fun & Games



- Use items on the table like sweetener packs and utensils to start a pattern and ask your child to continue the pattern. Take turns so they can start a pattern, too.
- Create a maze by taking turns to add a vowel in any order. Each letter must touch one of the other letters. Keep going until there's no room left.

Plan Ahead



- Ask your child to create a recipe card for a simple meal. Example: 'Peanut butter sandwich.' Ask your child to draw and /or write out each step.
- After at home meals, use masking tape to mark off a square no bigger than 12"x12" on the kitchen floor. Challenge them to sweep all the crumbs into the square with a broom.

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