



TasteWiseKids

LET'S CHAT

Here are some conversation starters and questions to talk about as a family.

Please get creative and add to this list with your own ideas as well. You can then keep this list and use it during future mealtimes to continue the dialogue about food, where it comes from, and family traditions.

Food related conversation starters:



- What is your favorite vegetable? Grain? Breakfast? Dessert?
- What other foods would you like to learn to cook and eat together?
- I would like to learn to cook...
- If I could only eat one thing for an entire month, I'd eat...
- If I was stuck on an island and could only have 3 foods, they would be...
- What do you think life would be like if you lived on a farm? Would you like to live there? Why or why not?
- If I could host a dinner party with 4 famous people, who would you invite? Why these people? What would you serve?

Questions about family food traditions:



- What are some favorite food-related traditions when you were a kid?
- What was your favorite food when you were my age?
- Did you help in the kitchen when you were my age?
- If so, what were your responsibilities? If not, what would you have liked to help with?
- What is one new food tradition we could start as a family?
- What are three new _____ we could try as a family?
 - Vegetables?
 - Fruits?
 - Type of food (ex. Mexican, Indian, etc.)