

# LUNCHTIME CONVERSATIONS

- + What does this food remind you of?
- + Where do you think this food came from?
- + What will you eat for lunch today?
- + Tell me about a meal you had with your family.
- + Tell me something you learned from a friend today.
- + Tell me about what you saw...on the playground. On a walk. Yesterday when mom/dad picked you up.
- + What is something you did today that was helpful?
- + What was your favorite area to play in today?
- + Why do you think babies only drink milk and don't eat food?
- + What did you have for dinner last night? How do you make that? Who prepares the food at your house?
- + Where do you shop for your food?
- + What challenges did you conquer today?
- + What amazing thing did you discover?
- + What do you think you will do this weekend? What did you do last night?
- + How did you get to school?
- + What do you do when you get home? Who did you play with? What did you play with? How do you play that?
- + Tell me about a meal you had with your family. Where did you eat?
- + Find nature items during outdoor time, like pine cones, or flowers, or pretty rocks to bring as centerpieces to the table to initiate discussion.
- + Let's pretend you are going to plan a meal for the president. What would you serve? What foods do you think the president likes? Where would you have the meal?

