

Young Children

Adapted from WIN Families, Wellness in the Rockies (www.uwyo.edu/wintherockies)

What foods on the table are crunchy? Chewy? Sweet? Spicy?

What is one of your favorite colors? Do you see anything that color on the table?

Help plan dinner for one night this week. What foods would you like to help cook?

If you were a food, what would you be? Why?

TALK TOGETHER

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

What new food would you like to try next week?

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

How does your body tell you when you are hungry?

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What is your favorite fruit? What are some ways you like to eat it?

What is the best thing that happened to you today?

What kind of games do you like to play outside?

What is one thing you are *really* good at?

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

Where would you go if you had your own wings to fly?

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GUIDELINES FOR Mealtime Conversation

- Take turns talking. One person talks at a time.
- Listen carefully.
- Be open to new ideas.
- Turn off the TV, phone, personal electronic devices, or other distractions.

School-age Children

Adapted from WIN Families, Wellness in the Rockies (www.uwyo.edu/wintherockies)

What are your favorite foods we make at home?
What other foods would you like to try?

What do you like about school/work?

What is your favorite sport or exercise?

How do you feel after being physically active?

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

What is your favorite vegetable?
What are some ways you like to eat it?

If there was a reporter here, what kind of story might she come up with as she watches us now?

What is your favorite home-cooked meal?

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What is your favorite season?
Why?

If you only had one wish and you couldn't ask for more wishes, what would you wish for?

What would you eat if you were on a deserted island?

How does your body tell you when you are full?

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What sport or activity would you like to learn or try?

If you were asked to invent a new holiday, what would it be for? How would you celebrate?

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Adolescents

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How can you tell that someone is your friend?
What do you need to do to be a friend?

What place would you most like to visit?
Why?

What recipe would you like to cook?

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

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If you could speak any language, what would it be?
Why?

What is your favorite type of music?
Why?

Name the two people in history who are most important to you?
Why?

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

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What is something you have memorized and still remember?

What activities help strengthen your muscles?

If you were asked to write a recipe for success, what ingredients would you choose?

What is unique about the person on your left?

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What is one of your favorite eating places when you are away from home? Why?

What is the best tasting food you have ever eaten?

If you could eat dinner with any famous person, who would it be and what would you ask them?

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Create Your Own...

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EFNEP Icebreakers

How do you most enjoy the “fruit” or “vegetable” that is on your name tag?

How long you’ve been involved in EFNEP and in what capacities?

What is the *weirdest* thing you have ever eaten?

What physical activity would you like to learn or try?

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What is the most interesting question you’ve been asked by an EFNEP paraprofessional or a client?

What will EFNEP look like in your state in ten years?

What is the *tastiest* food you have ever eaten?

What makes EFNEP successful?

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

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

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