



Talk Together

Youth Ages 9–10 Lesson (45 to 60 minutes)

OVERVIEW

This activity helps youth learn effective communication skills. Youth role-play communication challenges, and then practice communication skills using guidelines for communications.

INTRODUCTION

Tell youth, “Communication is sharing ideas or stories between people.

Communicating with your families keeps you connected with each other, allows you share what happened during the day, learn about each other, and help solve challenges. We communicate by talking, writing, listening, and watching with our eyes. Sometimes we communicate by using our body. Sometimes communication is how we listen and what questions we ask. How we communicate influences our choices and decisions. Today we are going to practice communication skills, specifically around food and food choices. We will set some ground rules for communications.”

Do:



What is your favorite meal? (This assumes everyone talks at once. Let them go for a few minutes.)

- How did that work?
- What did you learn about each other?
- Ask a person in the back of the room what the person in the front of the room likes as his/her favorite meal?
- What if we had some guidelines for communication?

Here are some guidelines for communication: (refer to A Guide for Positive Table Talk poster)

- Take turns talking. Everyone has a chance to talk. Only one person talks at a time.
- Listen carefully. One way to listen carefully is to use active listening skills. When the person finishes

talking, you repeat back what you heard, in your own words or in their words.

- Be open to new ideas. People may have different views or opinions. Accept and respect any differences.
- Turn off the TV, phone, or other personal electronic devices that may be distracting.

Let’s try this again using the guidelines.



In groups of three or four, talk about your favorite meal.

Reflect:



Ask youth,

By the end of the session, participants will:

- Develop communication skills by taking turns talking,
- Practice listening skills,
- Create a list of conversation topics for family mealtime.

MATERIALS

- ☐ Pens and markers
- ☐ Flip chart or board
- ☐ A Guide for Positive Table Talk written on poster paper

HANDOUTS

- ☐ Air popped popcorn
- ☐ Popcorn seasonings (see examples)
- ☐ Snack bags for popcorn
- ☐ Optional: Talk Together bowl, Conversation Starters



- How did that work?
- What did you learn about each other's meals?
- What communication guidelines helped?
- Are there any other guidelines you would add to this list?
- What communication skills did you learn today that you will use at your family mealtime?

Apply:

Tell youth,



Now it's your turn. Write your own conversation starter or topic for conversation.

Leader—write ideas on poster paper to share with group and in family session, if scheduled.

ACTIVITY

Popcorn Bar

Air popped popcorn with a selection of seasonings.

Have youth measure and mix selected spices for seasoning mixtures.

If lesson is taught in conjunction with parent lesson, have youth gather and measure ingredients needed for Kebab Sparklers recipe. Families will put together Kebab Sparklers.



While you are snacking on popcorn, select one of the conversation starters and practice your communication skills.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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EXTENSION



Popcorn Bar

SUGGESTIONS FOR POPCORN SEASONINGS

- Parmesan cheese
- Brewer's yeast
- Herb mixture (oregano, basil, and thyme)

PARMESAN NACHOS

**refrigerate after use*

- ½ cup parmesan cheese, grated
- 1 teaspoon paprika
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- ¼ teaspoon pepper

CHEESY BBQ

**refrigerate after use*

- ¼ cup parmesan cheese, grated
- 2 Tablespoons butter, melted
- ½ teaspoon chili powder
- ½ teaspoon garlic salt

PIZZA POPCORN

**refrigerate after use*

- 2 teaspoons garlic, minced
- 2 teaspoons Italian seasoning
- 1 teaspoon paprika
- ⅛ teaspoon pepper
- ¼ cup parmesan cheese, grated

APPLE SPICE POPCORN

**refrigerate after use*

- 3 Tablespoons melted margarine
- 2 Tablespoons granulated sugar
- 1 teaspoon apple pie spice, cinnamon or pumpkin pie spice
- 1 teaspoon salt

RESOURCES

<http://contentinacottage.blogspot.com/2011/05/20-popcorn-seasoning-ideas-and-recipes.html>

<http://pbskids.org/lunchlab/#/food/recipe/8>

