



Talk Together

Youth Ages 11–12 Lesson (45 to 60 minutes)

OVERVIEW

This activity helps youth learn effective communication skills. Youth role-play communication challenges, then set some guidelines to help improve communications.

INTRODUCTION

Tell youth, “We all like to share news and stories with each other. Communication is sharing ideas or information between people. Family communications keep you connected with your family, allow you share what happened during the day, to learn about each other, and to help solve challenges. How we communicate influences our choices and decisions. Today we are going to practice communication skills, specifically around food and food choices. We will use some guidelines for communications within the family.”

Do:



Let's talk about our favorite snack. (Assume everyone will talk at once.)

- How did that work?
- What did you learn about snacking from your friends in this group?
- Ask the person in the front what the person in the back likes for snacks.
- How do you know if people are not listening to what you are saying? What does it feel like?
- Would having some guidelines for communications help us learn and understand more?
- What communication skills did you learn today that you will use at your family mealtime?

Here are some guidelines for mealtime conversation: (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. One way to understand another opinion is to ask questions. Open-ended questions encourage conversation. An open question requires more than a yes, no, or one-word answers. For example, instead of “Do you like broccoli?” ask, “Describe your favorite vegetable.”
- Turn off the TV, phone, or other personal electronic devices that may be distracting.



Let's try this again. In groups of three or four, talk about your favorite healthy snack. Be sure to use these guidelines.

By the end of the session, participants will:

- Practice communication skills by taking turns talking, practicing active listening, and asking open-ended questions,
- Develop guidelines for good communication skills,
- Write conversation starters or topics for conversation.

MATERIALS

- ☐ Markers
- ☐ Flip chart or whiteboard
- ☐ 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 (one per youth), Conversation Starters (one set per youth)



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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Reflect:

Ask youth,



Reflect back on the conversation.

- How well did the communication guidelines work?
- What guidelines would you like to add to make the most of the conversation?
- What did you learn about snacks?
- How will you use these communication guidelines with your family?

Using these Guidelines for Communications helps create a positive atmosphere for family meals and allows opportunity to learn and share with your family.

Apply:

Tell youth,



Now it is your turn. Think about conversations at your family meals. Write down a conversation starter or topic you would like to have with your family.

Leader records the ideas on board or white paper to share with the 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.



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>

