



# Talk Together

Family Lesson (45 to 60 minutes)

By the end of this session, participants will:

- Select conversation starters to use at family meals,
- Practice conversation skills as a family,
- Prepare a recipe together.

## MATERIALS

- Conversation Starters
- Kitchen utensil with ribbon ties (one for each family)
- Ingredients for Kabob Sparklers (refer to recipe)

## HANDOUTS

- Talk Together bookmarks or coasters
- Talk Together recipe card (Kabob Sparklers)

## OVERVIEW

Conversation at mealtime provides an opportunity to connect as a family and to share and learn from others in the family. Work toward happy, relaxing conversation at meals to memories and habits for a lifetime.

## ICEBREAKER GAME

Hand out Talk Together bookmarks.

 Ask participants to read the riddle and then discuss the question on the reverse side of the bookmark.

Alternate: Use ETEB coasters in place of bookmarks.

## LARGE GROUP INTRODUCTION

Tell families, "Mealtime is a great time to reconnect with your family through rich, meaningful conversation. Conversation skills take time and practice."

Review guidelines: A Guide for Positive Table Talk (refer to poster).

- One person talks at a time. Everyone has a chance to talk.
- Listen carefully.
- Be open to new ideas.
- Turn off the TV, phone, and other distractions.

We are going to practice talking together and review skills that are helpful during family meals. Share the conversation topics the youth and adults created in their sessions.

## FAMILY GROUP ACTIVITY

**Do:**

 Ask participants to gather in family groups.

Families prepare Kabob Sparklers together.

While enjoying the sparklers, families practice communication skills by selecting a conversation starter from the Talk Together bowl or list created by the youth.

## Reflect:

Family mealtime is a time to connect as a family and learn from one another.

- What did you like about that conversation?
- How was this different from other family conversations?

## Apply:

 List ideas you will use to start conversations at family mealtime.

 Who would like to share what you will take away from this session and use at home?



## LARGE GROUP DEBRIEF

Tell families, “Mealtime is a time to share, learn, and have fun as a family.

Today we looked at basic communication skills to use during family meals.

- You practiced using the conversation starters.
- You wrote some new conversation starters.
- You practiced positive table talk as you prepared a snack.

Have fun using these strategies at home to build positive table talk at your family meals.”

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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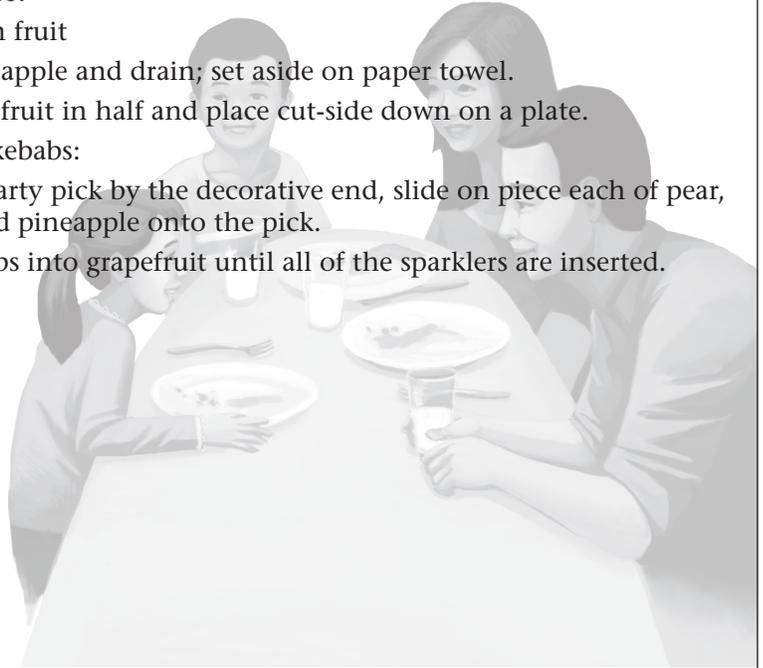


# Kebab Sparklers

- 1 fresh pear, cored and sliced into  $\frac{1}{4}$  inch pieces
- 20 red grapes with stems removed
- 1 (15-ounce) can pineapple chunks in juice
- 20 party picks

## DIRECTIONS:

1. Wash fresh fruit
  2. Open pineapple and drain; set aside on paper towel.
  3. Slice grapefruit in half and place cut-side down on a plate.
- To assemble kebabs:
4. Holding party pick by the decorative end, slide on piece each of pear, grapes, and pineapple onto the pick.
  5. Stick kebabs into grapefruit until all of the sparklers are inserted.



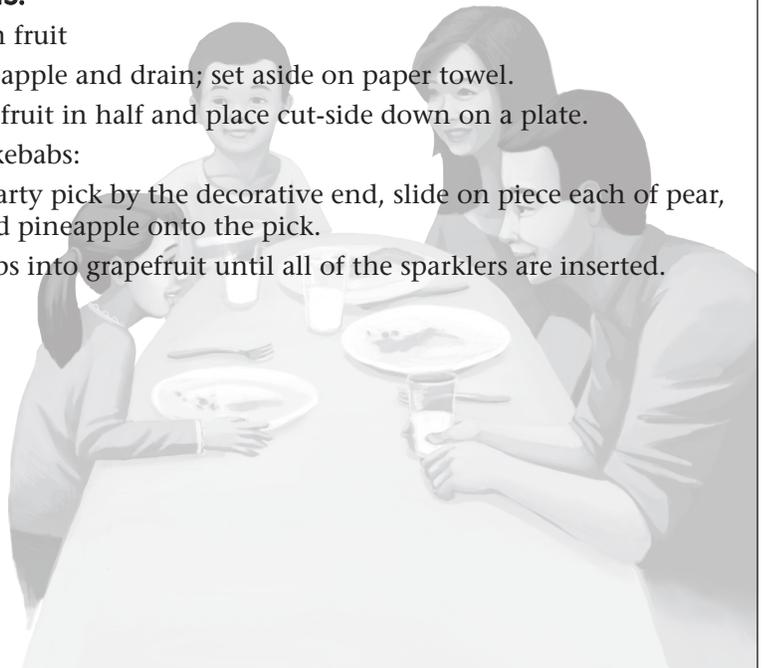
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