

Family Mealtime Conversation Cards

An illustration for a conversation card titled "Destination Moon". It features a chef in a white hat and blue uniform flying a yellow rocket ship against a black night sky with a full moon and stars. Various food items are depicted with faces: two cookies, a bowl of fruit, a watermelon, a banana, a strawberry, and a raspberry. At the bottom, two children and several vegetables (eggplant, watermelon, corn, banana) are shown in a playful, running pose.

Destination Moon:
Pretend you're going to the moon! You can bring three favorite foods with you, but they have to be healthy choices.

- What would you bring?
- Why are they healthy choices? What important nutrition would they give you during your big journey?
- What food groups do your choices belong to?

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An illustration for a conversation card titled "A Presidential Invitation". It shows a white domed building (the White House) in the background with green trees and a blue sky. In the foreground, a chef in a white hat and blue uniform is holding a soccer ball, surrounded by several children playing soccer on a green field.

A Presidential Invitation:
You've just been told that the president and his family are going to visit you for the weekend! They want to play outdoor games that will give everyone some good exercise. You can pick an existing game, or make up your own.

- What game or games would you choose?
- What kind of exercise do the game or games provide? For example, does it help build muscle? Does it provide good aerobic exercise?
- How would you explain to everyone why exercise and physical activity is so important?

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