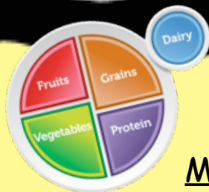


Family Mealtime Conversation Cards



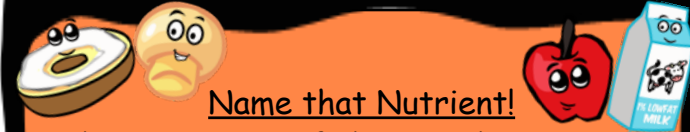
Menu Planning

Pretend like your favorite storybook character is coming over for dinner! You have to prepare a healthy meal for this very exciting occasion.

- Based on what you know about this special character, what kinds of healthy foods do you think he or she would like?
- What makes each of the items you pick for your dinner a healthy choice?
- Name some topics about health and exercise that you and your dinner guest could discuss while you eat!



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Name that Nutrient!

There are tons of choices when it comes to nutrients, healthy foods, and physical fitness activities. From A for Aerobics to Z for Zinc, the variety is almost endless!

- Name a nutrient, healthy food, or physical fitness activity to go with each of the letters in your name! If your name has the same letter more than once, name something different each time.
- Have everyone in your family do the same thing with their own name. Remember: Once a food, nutrient, or activity has been named, it can't be used again!
- See if you can also think of enough new ideas to do the same thing for your middle name and last name!



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