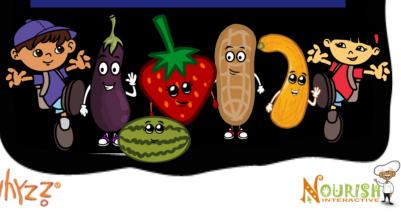
Family Mealtime Conversation Cards

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



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 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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