

## Commit to Health Meal, Snack, &/or Social Time Conversation Cards

 <p>Sharing meals together is one of life's great pleasures! Use these CTH Conversation Cards to start conversations during mealtimes, snacks, or any other social time! Pass them out so everyone gets a turn! Find more fun nutrition activities at the Commit to Health website.</p>	 <p>How does your body tell you it's hungry?</p>
 <p>What is the best tasting food you have ever had? What is the best tasting healthy food you have ever had?</p>	 <p>After this meal, what type of fun physical activity can we do together?</p>
 <p>What new food would you like to try?</p>	 <p>Have you tried any new foods here at: _____ Park &amp; Recreation site?</p>
 <p>How does your body tell you it's full?</p>	 <p>What is your favorite fruit? How many different ways can you eat it?</p>
 <p>What activities help you strengthen your muscles?</p>	 <p>What is your favorite fall vegetable? How do you eat it? How is it prepared, if not eaten raw?</p>
 <p>If you had a garden, what would you like to grow?</p>	 <p>What is your favorite physical activity to do after school/camp? Who do you do it with?</p>

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 <p>What is your favorite summer fruit? How do you eat it? How is it prepared, if not eaten raw?</p>	 <p>What is your favorite spring vegetable? How do you eat it? How is it prepared, if not eaten raw?</p>
 <p>Does your family eat meals together at home? If so, describe this fun activity (your meals, what do you eat, what do you talk about)!</p>	 <p>Have you ever had a plant-based food meal? (A meal that does not include any items from an animal)? If so, what was it?</p>
 <p>What is your favorite vegetable? How many different ways can you eat it?</p>	 <p>Do you know what the MyPlate is? If so, tell us about it.</p>
 <p>What is your favorite thing to cook?</p>	 <p>What is your favorite physical activity? When do you do it?</p>
 <p>What is your favorite home-cooked meal?</p>	 <p>Pick a food from our meal. How was it grown and how was it prepared?</p>
 <p>Write your own question here!</p>	 <p>Write your own question here!</p>
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