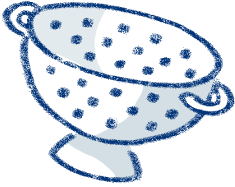


Tell Me More!



Name a kitchen task you enjoy.

Tell Me More!

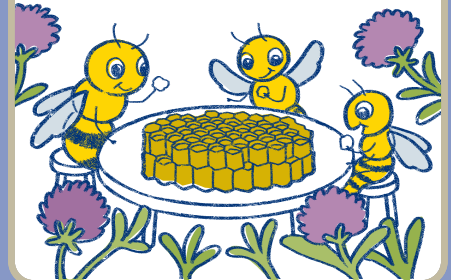


Name a recipe that's fun to make. What do you put in it? Why do you like to make it?

Tell Me More!

Conversation Cards

A Mealtime Game for Food Heroes



Paid for in part by Oregon DHS and the USDA.
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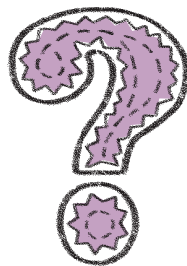
Tell Me More!

Who grew and harvested the foods you eat? How did the foods get to the market? Who helped sell them?



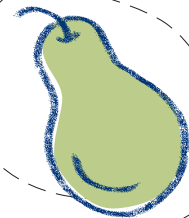
Bumble Bee

Tell Me More!



Can you think of a new name for one of your favorite vegetables? For instance, mashed potatoes could be cloud puffs.

Tell Me More!



Can you think of a fruit or vegetable that starts with the same letter as your first name? Have you tried it? If so, did you like it?

Tell Me More!



Have Fun Talking About Healthy Food!

1. Mix up the cards. Take turns choosing a card and responding. There are no wrong answers!
2. Think up your own questions, and write them on the blank cards.
3. After everyone has had a turn, you can vote for the funniest answer, or the most creative!

Anyone can download these cards at: www.FoodHero.org/tellmemore



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Did you know?

Bees eat bee bread: nectar and pollen mixed and then broken down by bacteria. Name two foods you like to eat together.



Pollination Happens!

Pollination happens when bees fly from flower to flower to collect nectar and pollen. Bees are the only insect that collects pollen for their young.



Did you know?

Beet juice is often used as a natural dye in foods or on fabrics!



Did you know?

Turnips can be eaten raw or cooked and can be a sub for potatoes in recipes.

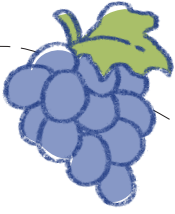


Did you know?

Cranberries grow in bogs - a low area where water becomes trapped and, over time, piles of dead plants turn into a spongy layer.

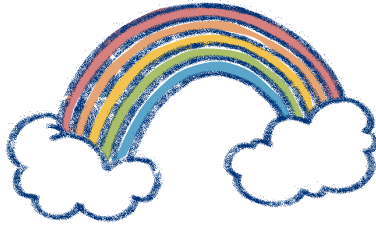


Tell Me More!



Name all the blue or purple fruits and vegetables you can think of!
Can anyone add any more?

Tell Me More!



Each fruit and vegetable color has unique disease fighting chemicals called phytochemicals. What is the color of your favorite fruit and vegetable?

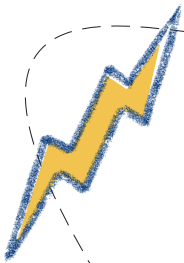
Tell Me More!



Honey Bee

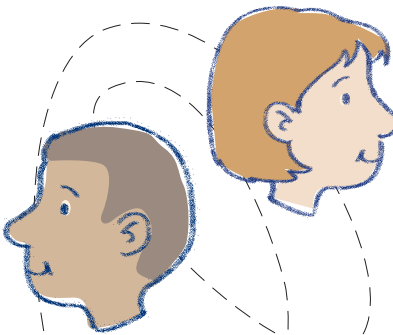
Write in your own question on this card!

Tell Me More!



Pretend you're writing a comic book or making a movie starring a Food Superhero whose mission is to help kids eat healthy foods. What superpowers would your hero have? Why?

Tell Me More!



If you could invite someone to dinner, who would it be and what foods would you serve? Why?

Tell Me More!



If someone were to give you a garden plot the size of a bathtub, what fruits, vegetables, herbs, and/or flowers would you grow there? Why?

Take a guess!

How many different colors can bell peppers be?



Answer: Seven – red, orange, yellow, green, purple, brown, and white!



Take a guess!

What nut are peaches related to?



Answer: Almonds.



Take a guess!

How many seeds are on an average strawberry?



Answer: About 200.



Did you know?

There are over 4,000 different species of bees in the U.S. and many of them pollinate the food we love like big fuzzy bumble bees, metallic sweat bees and hive dwelling honey bees.



Did you know?

Raspberries can be red, black, or golden!

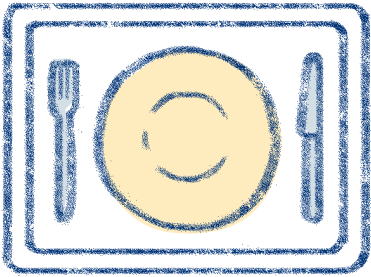


Did you know?

Watermelons are 92% water, which makes them a food that can help you stay hydrated.



Tell Me More!



If you were in charge of a school cafeteria, what 3 things would you change. Why?

Tell Me More!



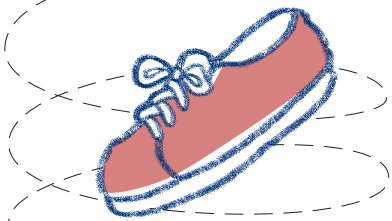
Imagine you're in charge of a school cafeteria for one day. Name 3 healthy foods you would offer. Why?

Tell Me More!



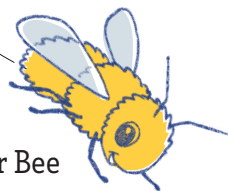
Which is your favorite meal of the day—breakfast, lunch or dinner? Why?

Tell Me More!



What's an activity you did during school recess or in PE class that you really liked? Why?

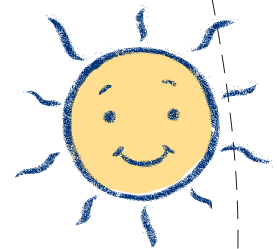
Tell Me More!



Sunflower Bee

Write in your own question on this card!

Tell Me More!



If you could plan an outdoor activity for your family, what would you choose, where, and why?

Take a guess!

What fruit is dried to make raisins?



Answer: Grapes!



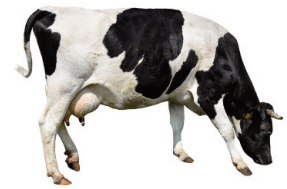
Did you know?

Corn, beans and squash grow well when planted together and are known as the "Three Sisters."



Did you know?

A cow has four chambers in its stomach, which helps it digest what it eats.



Did you know?

Hens with white feathers usually lay white eggs, and hens with red feathers lay brown eggs!



Did you know?

Dry beans are large seeds and, like other edible seeds, are packed with protein!

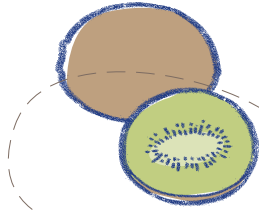


Did you know?

Yogurt was likely made by accident thousands of years ago when milk was stored in warm climates!

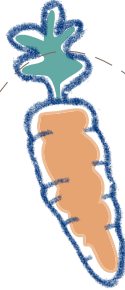


Tell Me More!



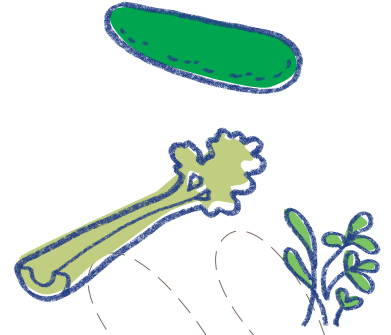
Think of a fruit you like – **but don't say it out loud!** Describe it until someone guesses its name - think about the taste, smell, feel, look and sound that it has when you bite into it.

Tell Me More!



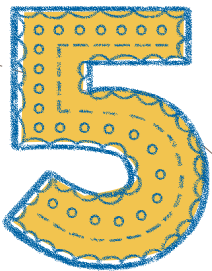
Name a vegetable you like. How do you like to eat it (raw with a dip, in a salad, steamed, roasted in the oven, etc.)?

Tell Me More!



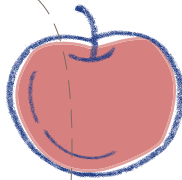
Name 5 green fruits or vegetables.

Tell Me More!



Name 5 yellow or orange fruits or vegetables.

Tell Me More!



Name as many red fruits and vegetables as you can think of!

Tell Me More!



Bumble Bee

Write in your own question on this card!

Take a guess!

How high can a salmon jump?



Answer: Some can jump over 6 feet!



Did you know?

Dark green leafy lettuce contains more nutrients than lighter-colored types.



Did you know?

Potatoes are often grown from "seed potatoes," which are small potatoes or pieces of potatoes.



Take a guess!

How much water does a dairy cow (a cow that produces milk) have to drink every day?



Answer: A bathtub's worth!



Did you know?

Wheat is in the grass family. People eat the seeds which are called kernels.

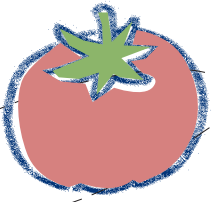


Did you know?

The leaves of a cauliflower are edible! Cook them as a sub for any leafy greens such as kale.

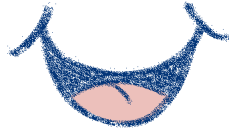


Tell Me More!



If you could eat
1 fruit and
1 vegetable at your
next meal,
which fruit and
vegetable would
you choose? Why?

Tell Me More!



What made you
laugh today?
Why?

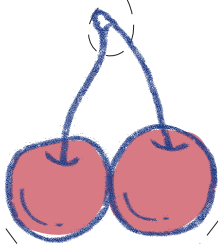
Tell Me More!



Mason Bee

Write in your own question on this card!

Tell Me More!



How did you
show someone
kindness today?

Tell Me More!



What was the very
best part of your
day? What was
hard for you today?
Why?

Tell Me More!



Who did you sit
next to at lunch?
What did you talk
about?



Take a guess!

How large is the largest mushroom in the world?



Answer: It is in Oregon, mostly underground, and is thought to measure about 3 1/2 miles across.



Take a guess!

How long can an asparagus spear grow in 24 hours?



Answer: 10 inches!



Take a guess!

Is a tomato a fruit or a vegetable?



Answer: A fruit botanically and a vegetable nutritionally.



Did you know?

When you eat broccoli, you're actually eating flower buds!



Did you know?

You can roast the seeds of all types of winter squash — not just pumpkins! They make a great snack!

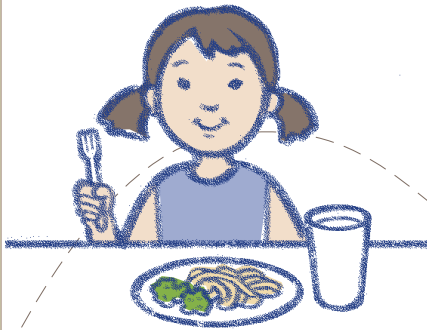


Did you know?

Leeks have been grown since the time of Ancient Egypt and were likely eaten by the people who built the pyramids!

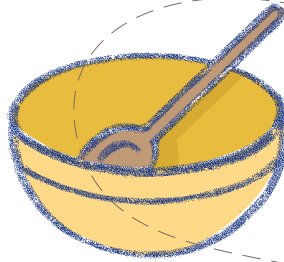


Tell Me More!



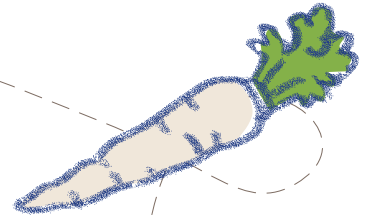
What is your favorite food to eat for dinner? Why?

Tell Me More!



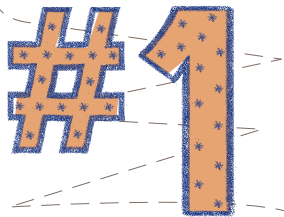
What is your favorite cooking tool to use? Why?

Tell Me More!



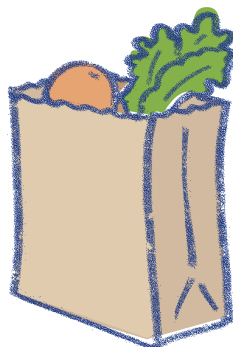
Name all the white and brown fruits and vegetables you can think of.

Tell Me More!



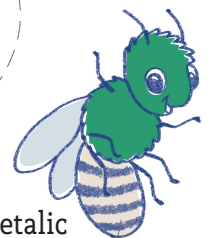
What is the first word or phrase you think of when you hear "Food Hero"? Who is your Food Hero?

Tell Me More!



What vegetable and fruit do you eat at home most often? Why do you like them?

Tell Me More!



Metalic Sweat Bee

Write in your own question on this card!

Did you know?

You can eat both the root and the leaves on radishes.



Take a guess!

Where does the word 'cabbage' come from?



Answer: the Latin word for *caput* and the French word *caboché*, which both mean 'head'.



Take a guess!

Are brussels sprouts baby cabbages?



Answer: No, but they are in the same family along with kale, broccoli and cauliflower.



Take a guess!

How should you store a whole onion?



Answer: In a cool, dark, dry place in an open bowl or bag.



Did you know?

Quick-cooking or old fashioned oats are great whole grain foods to enjoy at any meal.



Did you know?

Some Native American tribes called blueberries "star berries" because their blossoms make a star shape.

