



## WINNING Conversations

Eating is one of life's great pleasures. Use these cards to start mealtime chats. Everyone gets a turn!

[www.uwyo.edu/wintherockies](http://www.uwyo.edu/wintherockies)

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**How does your body tell you when you are hungry?**



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**What is one thing you are really good at?**



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**How does your body tell you when you are full?**



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**What new food would you like to try next week?**



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**What physical features do you have in common with family members?**



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**What is the best tasting food you have ever eaten?**



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**After our meal, what game or activity can we do together?**



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**What is your favorite fruit?  
How many different ways can you eat it?**



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**What activities help strengthen your muscles?**



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**What physical activity would you like to learn or to try?**



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**What is your favorite vegetable?  
How many different ways can you eat it?**



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**How do you be a good friend to others?**



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**Pick a food. Describe it using all five senses (taste, smell, sight, sound, feel).**



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**What can you do to be more accepting of people of all shapes and sizes?**



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**Think of a person you know. Tell about all the things you like about her/him.**



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**What makes a person successful?**



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**Tell each person at the table something they do that you like.**



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**What would your friends say is something they like about you?**



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**What is your favorite home-cooked meal?**



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**What is your favorite physical activity?**



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**What kind of outdoor games do you like to play?**



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**How do you feel after being physically active?**



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**How do you think people feel when they are teased about how they look?**



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**If you could spend all day with a friend, who would it be and what would you do?**



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**What is the best thing that happened to you today?**



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**Pick a food from our meal.  
How was it grown and produced?**



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**What is unique about the person to your left?**



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**If you gave yourself an award, what would it be?**



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**What are all the different colors we can see in our meal?**



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