



# MEALTIME CONVERSATION STARTERS



To celebrate Nutrition Month, try out some of these mealtime conversation starter questions at your table throughout the month of March!

What are you excited about right now?

What's the best thing about your life?

What do you think you will be doing in 10 years?

What's something nice someone said or did for you lately?

What's something you did to help someone recently?

If you could change one thing in the world what would it be?

What is one of your favourite all time memories?

What qualities do you think make a good friend?

What is one chore you enjoy?

What is the most beautiful place you have ever seen?

If you could make a movie, what would it be about?

What is something you'd like to learn how to do and why?

What do children know more about than adults?

What is your favourite song to sing?

If you could be famous for one thing, what would it be?

What makes you feel loved?

What's your favourite thing to do as a family?

If you could change one family rule, what would you change?

What was the hardest thing you had to do this week?

What abilities do you have that you are grateful for?

What can you give or do for someone that doesn't cost any money?

What is your favourite word and why?

What great book have you read lately?

What is the most courageous thing you've ever done?

If you had to live in another country, which one would you choose and why?

If you could start a new family tradition, what would it be?

What is your favourite smell in the world?

What is your favourite hobby?