

ADOLESCENT MEALTIME CONVERSATION CARDS

**BUY EAT LIVE
HEALTHY**

EFNEP | EXPANDED FOOD & NUTRITION EDUCATION PROGRAM
FNP | FAMILY NUTRITION PROGRAM
LYF | LOVING YOUR FAMILY - IOWA

INSTRUCTIONS:

Cut cards on lines. Put on table in a small cup or bowl. Choose one card at a time for enjoyable family conversations.

Por favor corte estas tarjetas separándolas de lo largo de las líneas punteadas. Póngalas en una taza o tazón en la mesa. Elija una tarjeta para comenzar las conversaciones de las comidas familiares.



SPORTS

Share how you (or another family member) performed while playing sports today.

Comparte cómo tú (o otro miembro de la familia) jugó durante el juego hoy.

SPORTS

Share how your favorite team or player in a college or professional sport performed today.

Comparte cómo tu equipo o jugador favorito de la universidad o de deportes profesionales jugó hoy.

JOKES

Tell a joke you think will make other family members laugh.

Cuenta un chiste que tú piensas hará reír a los otros miembros de la familia.

JOKES

Describe a joke or comic routine you recently heard or saw on TV or in a movie.

Describe un chiste o algo gracioso que has oído o visto en una programa de televisión o una película recientemente.

A FUNNY THING HAPPENED

Describe a funny or silly thing that happened to you today.

Describe una cosa graciosa que te ocurrió a tú hoy.

A FUNNY THING HAPPENED

Describe a funny or silly thing that happened to someone else today.

Describe una cosa graciosa que le ocurrió a alguien hoy.

FUTURE PLANS

Describe something you are planning to do in the future (in the near future or years ahead).

Describe algo que vas a hacer en el futuro (en un futuro cercano o los próximos años).

FUTURE FAMILY PLANS

Describe something our family should plan to do in the future.

Describe algo que tu familia debe planear a hacer en el futuro.

This material is funded by the Expanded Food and Nutrition Education Program, USDA's Food Stamp Program, and Iowa State University Extension and Outreach. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, contact your local Department of Human Services office or call toll-free 1-877-YES-FOOD. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP-ED. Iowa State University Extension and Outreach programs are available to all without regard to race, color, national origin, religion, sex, age, or disability. (04/12)

EFNEP 0240C

ADOLESCENT MEALTIME CONVERSATION CARDS

**BUY EAT LIVE
HEALTHY**

EFNEP | EXPANDED FOOD & NUTRITION EDUCATION PROGRAM
FNP | FAMILY NUTRITION PROGRAM
LYF | LOVING YOUR FAMILY - IOWA

INSTRUCTIONS:

Cut cards on lines. Put on table in a small cup or bowl. Choose one card at a time for enjoyable family conversations.

Por favor corte estas tarjetas separándolas de lo largo de las líneas punteadas. Póngalas en una taza o tazón en la mesa. Elija una tarjeta para comenzar las conversaciones de las comidas familiares.



MUSIC

Share the most interesting new piece of music you have heard recently.

Comparte la más interesante selección de música que tú has oída recientemente.

MOVIES/TV SHOWS

Share the most interesting new movie or DVD (or TV show) you have seen recently.

Comparte la más interesante película o DVD (o programa de televisión) que tú has visto recientemente.

COMPLIMENTS

Describe an unexpected compliment you gave or received from someone recently.

Describe un cumplido inesperado que tú has dado o recibido de alguien recientemente.

COMPLIMENTS

Describe an unexpected compliment you would like to give someone at the table.

Describe un cumplido inesperado que te gustaría hacer a alguien a la mesa.

FAMILIES

Describe one of our family traditions you really like – and a new tradition you would like us to add.

Describe una tradición de la familia que te gusta mucho, y una nueva tradición que te gustaría añadir a tus tradiciones.

FAMILIES

Describe the kind of family you would like to live with for a year, like as an exchange student.

Describe el tipo de familia que te gustaría vivir con durante un año, como un estudiante de intercambio.

HEROES

Name someone you admire and share what it is about them that inspires you.

Nombra a alguien que admiras y comparte tus razones.

HEROES

Name 2 – 3 of the most important people alive (in your opinion) and share why you chose them.

Nombra 2–3 de las más importantes personas vivas (en su opinión) y comparte por qué las eliges.

This material is funded by the Expanded Food and Nutrition Education Program, USDA's Food Stamp Program, and Iowa State University Extension and Outreach. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, contact your local Department of Human Services office or call toll-free 1-877-YES-FOOD. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP-ED. Iowa State University Extension and Outreach programs are available to all without regard to race, color, national origin, religion, sex, age, or disability. (04/12)

EFNEP 0240C