

FAMILY

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.

How do you react when someone crowds in line
in front of you?

¿Cómo reaccionas cuando alguien se mete en la
fila adelante de ti?

Talk about something you enjoy doing with
your family.

Habla de algo que te gusta hacer con tu familia.

What is the best thing for you to do when you
feel angry?

¿Qué debes hacer cuando te sientes enojado?

What is the best way for people to show you they
love you?

¿Cuál es la mejor manera para demostrar el amor
por alguien?

Tell me about a time when you really had fun with
your family.

Habla de alguna ocasión cuando te divertiste con
tu familia.

Complete this statement.
The best day of the past week was:

Completa esta oración.
El mejor día de la semana pasada fue:

What is the best thing for you to do when you
feel sad?

¿Qué debes hacer cuando te sientes triste?

What is your favorite month of the year and why?

¿Cuál es tu mes favorito del año y por qué?

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 0240d

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Talk about a special gift that you remember.

Habla de un regalo especial que recuerdas.

Say something about your eating habits.

Dí algo sobre tu hábitos de alimentación.

What is your favorite time of the day?

¿Cuál es tu hora favorita del día?

What is your favorite beverage?

¿Cuál es tu bebida favorita?

What is one food you dislike?

¿Qué es una comida que no te gusta?

What is your favorite holiday and why?

¿Cuál es tu día festivo favorito? ¿Por qué?

What is your favorite kind of animal?

¿Cuál es tu animal favorito?

Share something you have always wanted to try but never have.

Comparte algo que siempre has querido intentar pero que nunca lo has hecho.



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What is your favorite kind of music?

¿Cuál es tu música favorita?

What kind of food do you think would describe you and why?

¿Qué tipo de comida piensas que te describiría mejor y por qué?

If your family received a gift of \$5,000, how would you like your family to spend it?

¿Si tu familia recibiera un regalo de \$5,000, cómo te gustaría que tu familia gastar el dinero?

If you could spend one whole day with your best friend, what would you like to do?

¿Si tu pudieras pasar un día entero con tu mejor amigo, que te gustaría hacer?

Describe the "greatest" dessert in the world.

Describe el "mejor" postre en todo el mundo.

Would you rather play basketball, do exercises, or lift weights?

¿Prefieres jugar baloncesto, hacer ejercicio, o levantar pesas?

Tell about someone who encourages you.

Habla de alguien que te anime.

Tell about a time when you felt frightened.

Habla de una ocasión cuando te sentías asustada.

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Who is someone you really respect? Why do you respect this person?

¿Quién es alguien que de veras respetas? ¿Por qué respetas a esta persona?

Talk about the importance of religious faith in your life.

Habla de la importancia de la fe religiosa en tu vida.

Tell about a family tradition that you enjoy.

Habla de una tradición familiar que disfrutas.

What is your favorite color?

¿Cuál es tu color favorito?

Say something about saving money.

Dí algo sobre el ahorro de dinero.

Share advice someone gave you that really helped you.


Habla de algún consejo que alguien te dio que realmente te ayudó.

How do you feel about your name?

¿Qué te parece de tu nombre?

What freedom do you value the most?

¿Qué libertad valoras más?

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Talk about something beautiful you saw this week.

Habla de algo bello que viste esta semana.

Name your favorite teacher (past or present).

Nombra a tu profesor favorito (presente o pasada).

What I like best about our family is...

Lo que me gusta más de nuestra familia es...

Tell about the last time you were late for something.

Habla de la última vez que llegaste tarde a algún evento.

Tell about a mistake you have made recently.

Habla de un error que tú has cometido recientemente.

Name a friend.


Nombra a un amigo.

Tell about a time when you felt happy.

Habla de una vez que te sentías contento.

What is your favorite fruit or vegetable?

¿Cuál es tu fruta o vegetal favorito?

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