

KIDS

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.

What makes somebody a good friend?
How have you been a good friend to
someone recently?

¿Qué son las características que representan un
buen amigo? ¿Has sido un buen amigo a alguien
recientemente? ¿Cómo?

What would you like to do if you were elected
President of the United States? Why?

¿Si fueras el presidente de los Estados Unidos, que
te gustaría hacer? ¿Por qué?

What makes you different from the person sitting
next to you at the table? What makes you
the same?

¿Qué lo diferencia de la persona a tu lado a la
mesa y tu? ¿Que son tus semejanzas?

What is the hardest thing you did today? What is
the hardest thing you have ever done?

¿Qué es la cosa más difícil que haces durante el
día? ¿Qué es la cosa más difícil que has hecho en
toda tu vida?

If you could travel anywhere in the world, where
would you go? What would you like to see there?

¿Si pudieras viajar a cualquier lugar en todo del
mundo, dónde irías? ¿Qué te gustaría ver allí?

What are your favorite foods in the meals we
make at home? What other foods or recipes would
you like to try?

¿Qué son tus comidas favoritas que estamos
hechos en casa? ¿Qué otros tipos de comida o
recetas te gustaría probar?

What is your favorite sport to play? Why?
What is your favorite sport to watch in person or
on TV? Why?

¿Qué es tu deporte favorito jugar? ¿Por qué?
¿Qué es tu deporte favorito ver en persona o en la
televisión? ¿Por qué?

What is the most interesting news story you read,
heard, or watched today? Why?

¿Qué es la más interesante noticia que has leído,
oído o visto hoy? ¿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.
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What is a job or profession that really interests you? Why? Do you know anyone with the job? Who?

¿Qué profesión o trabajo te interesa? ¿Por qué?
¿Conoces alguien en esta profesión? ¿Quién?

What planet or star in the solar system would you like to visit? What do you imagine you would find there?

¿Qué planeta o estrella en el sistema solar te gustaría visitar? ¿Qué vas a descubrir?

What is something that makes you afraid? What is something you used to be afraid of but are not afraid of now?

¿Qué asustas? ¿Qué asustaba en el pasado, pero ahora no tienes miedo?

If you could change one thing that happened to you today, what would it be? How would you make it different?

¿Si pudiera cambiar una cosa de hoy, que sería?
¿Cómo la cambiarías?

Do you think it is ever OK to yell at another person? When – or for what reasons?

¿Piensas que es aceptable a gritar a otra persona?
¿Cuándo – y por qué razones?

Who did you sit by today at lunch (or on the bus or at church)? What did you talk about (or learn from them)?

¿Quién se sienta a tu lado a almuerzo (o en el autobús, a iglesia) hoy? ¿De qué hablan?
¿Aprendas algo?

What is the most interesting thing you read today? Where did you read it and why was it so interesting?

¿Qué es la cosa más interesante que has leído hoy? ¿Dónde la lees y por qué es interesante?

What new word did you learn today? What does it mean? How would you use it in a sentence?

¿Aprendas una nueva palabra hoy? ¿Qué significa?
¿Cómo usa en una frase?

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