

Lunchtime Conversations

- What does this food remind you of?
- Where do you think this food came from?
- What will you eat for lunch?
- Tell me about a meal you had with your family.
- Tell me about what you saw...on the playground. On a walk. Yesterday when mom/dad picked you up.
- Tell me something you learned from a friend today.
- What is something you did today that was helpful?
- What is your favorite area to play in today?
- Why do you think babies only drink milk?
- What did you have for supper last night? How do you make that?
- Who prepares the food at your house?
- Where do you shop for your food?
- What challenges did you conquer today?
- What amazing thing did you discover?
- What do you think you will do this weekend?
- What did you do last night?
- How did you get to school?
- What do you do when you get home?
- Who did you play with? What did you guys play with?
 How do you play that?
- Tell me about a meal you had with your family. Where did you eat?
- Find nature items at an outdoor time, like pine cones, or flowers, or pretty rocks to bring as centerpieces to the table to initiate discussion.
- Let's pretend you are going to plan a meal for the president. What would you serve? What foods do you think the president likes? Where would you have the meal?