



Strong Families Eat Together

**Mealtime Family
Conversation Starters**



Mealtime conversations build healthy relationships and make 4-H families strong. Take time for your family—share, talk, and eat together as often as you can. Start today. Pick a “starter” question to begin mealtime conversations that will create great memories too!

Whom did you have fun with today? What did you do?

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If you could be any type of animal, what would it be and why?

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If you could have a super-power,
what would it be?

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If our family could have any animal in the world as a pet, what would you like to have? Why?

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What family tradition would you like for us to start?

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What is your favorite family tradition?

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What is the most interesting news you read, heard, or saw today?

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Talk about two things that your friends' families do differently from ours.

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Who is your favorite athlete?

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If you could be president,
what is the first thing you
would do?

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What would you like to do after you finish high school?

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Name one thing you would like to do this week.

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Would you rather fly
or be invisible? Why?

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What would you like to do when you grow up?

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Tell us a funny story or joke.

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Who is your hero? Whom do you look up to and admire the most?

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What was the nicest thing
you did for someone today?

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If your picture were in the paper today, what would the caption say?

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What was the funniest thing
you saw today?

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What was the most surprising thing that happened to you today?

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Tell us about your favorite food
without using the name.

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If you could participate in any event in the Olympics, which event would it be? Why?

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If we had a time machine,
when and where would
you like to visit?

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If you could be an actor on any television show, which show would you pick?

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If you could go anyplace in the galaxy, where would you go?

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What was the most boring
thing that happened
to you today?

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Tell us about your favorite part of the day.

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How could we as a family help others in our community?

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What made you happy this week?

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If you were a machine,
what would you be and why?

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What is one thing that scares you?

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What was the best thing that happened today?

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Tell about your favorite movie.

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What was one thing that frustrated or upset you this week?

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Share something new you
learned today.

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If you could invite someone to dinner, who would it be and why?

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What is your idea of a perfect friend?

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What made you sad this week?

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Invent a new family holiday –
what would make it special?

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What is your idea of a perfect day with Mom or Dad?

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If you could live anywhere,
where would it be?

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How can you tell if someone
is listening to you?

How does it make you feel when
someone is really listening?

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Remember a favorite time
with someone special.

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What foods would you have at your favorite dinner?

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What music have you most enjoyed this week?

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Imagine having a family party.
What would we do?

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If you had unlimited money,
what would you do with it?

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When you disagree with someone, what do you do?

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What is your idea of a perfect birthday party?

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What toppings would you put on a homemade pizza?

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What made you angry this week?

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When you make a mistake, how do you deal with it?

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What is your favorite season of the year? Why?

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What would you place in
a family time capsule to
be opened in 20 years?

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What was your most memorable family activity?

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What is special about you?

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What was the nicest thing
someone did for you today?

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What was the most predictable thing that happened to you today?

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If you could meet any person
in history, who would it be?
Why?

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Use three adjectives that describe your day today.

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Name one thing you appreciate about the person sitting on your right.

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In the movie about your life,
what actor would play you?
Your family members?
Your friends?

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What foods would you grow in your garden?

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What other language would you like to learn?

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Describe what makes you feel really important.

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What two questions do you have about our family history?

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What was the best gift you ever received?

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Think about the best talk you've had with a family member.
What did you talk about?
With whom?

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If we could switch places for a day, describe your day.

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

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Describe your ideal mom or dad.

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Tell about a time when you felt like speaking up about something but were afraid to.

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What is your favorite fruit or vegetable?

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What is the most unusual food you have eaten?

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What is one thing you are really good at?

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What do you like best about our family?

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What are your favorite holiday foods?

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After our meal, what activity can we do together?

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What are the reasons why we eat?

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What story would this food tell us about how it arrived on your plate?

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Can we think of a song about food? Sing it!

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What is the best thing for you to do when you want to relax?

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If we had no electricity,
what would our day be like?

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What outside activity could we do together as a family?

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Tell about something that hurts your feelings.

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Without talking, can you add up in your head the ages of everyone here at the table?
Compare totals.

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How does television affect our world?

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Name at least one person
you can really depend
on to help you.

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How can you tell if someone is healthy?

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If we were to write a family goal for this week, what would it be? What could we accomplish?

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How do you feel when you are around people who are different from you?

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Tell about a time when you told
someone you were sorry.
Was it easy or difficult to do?

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Guess how much time we usually take to eat our meal together. Then time it!

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What do people think about
you when they first meet you?
What do you want them to
know about you?

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Why do nutrition experts say breakfast is the most important meal of the day?

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4H15-355