



Extension Celebrates Family Mealtime 2015 : **MAKING IT FUN!**

Family Meal Time Conversation Starters:

Encourage your family to make mealtimes meaningful by starting the conversation. Ask the questions from this page or MAKE IT FUN! by cutting them into individual questions and putting them in a bowl. Allow everyone to have a turn picking a question.

Ages 2-7

- What is your favorite food and why?

- If you could be one color what would it be and why?

- What is one food you don't like to eat and why?

- Where is your favorite place to visit and why?

- If you did the grocery shopping, what would you buy?

- What do you want to be when you grow up?

- What was your favorite class today?

- What would be an animal you would want for a pet and why?

- Where do the foods we eat come from?

- Who is your Super Hero and why?

Ages 8-13

- If you could be any animal, what would you be and why?

- If you could start a new family tradition, what would it be?

- What 3 words would you use to describe our family?

- If you had to give everyone in the family new names, what would those names be?

- Finish this sentence: "Someday, I'm going to be the first person in the world to..."

- When people grow up, they are almost always responsible for something. What do you want to be responsible for when you grow up?

- Where is one place you would like to visit and why?

Ages 14+

- Finish this sentence: "Everyone knows that my worst habit is..."

- What is one thing you can do for yourself in the next week that would help you take care of yourself?

- Can you tell me one thing that you learned today that you think I might not know?

- If you could make money doing whatever you love to do, what would you want to do for a living?

- Did you save any money today? If not, how could you have saved?

- What would you like to do when you graduate (high school/college)?

- Where do you want to go to college and why?

- What do you think about the latest news on _____?

- What is your favorite vacation memory?

* Some questions were taken from The Family Dinner Project website at <http://thefamilydinnerproject.org>
 Please visit for more questions to ask your family at the dinner table.