



# NUTRITION STARTS

## **Conversation Starters**

Print single sided and cut out each question. You can start with one page at a time. Put in a jar and keep it near your table. One person picks one question that everyone answers OR everyone can pick their own.

If you could go into any TV show – what show would you want to visit?

Describe your perfect day.

If you could only eat one fruit forever – what fruit would it be?

What are three words you would use to describe yourself?

What do you think you are good at?

Would you rather be a great singer or a great dancer?

If you went to another planet – what would you put in your suitcase?

If you were a teacher, what rules would you make?

If you could make your whole house out of food – what food would you use?

If you could have one superpower what would it be?

What should be packed to the beach?

Would you rather live near the ocean or the mountains?

If you could be an animal what would you be and why?

Who is the nicest person you know?

Who has a better life? Grandma or Grandpa?

What do you think your parents do after you go to bed?

What do you think your mom or dad was like as a kid?

Do you know a good joke?

What is your favourite family tradition?

If we could invite anyone to dinner, who should it be?

What are you feeling grateful for right now?

If someone gave you \$50 what would you do with it?

If you could go to the Olympics, which sport would you excel at?

What's the best present you ever got?

What's the best smell in the world?

If your pet could talk, what would it say?

What job would you never want to have?

Who has the most interesting lunch at school?

What was the most kind thing that you did today?

Did you help anyone today? What did you do?

If you could be anyone when you grew up – who would you want to be?

If you could be your favorite cartoon character – who would you be?

Which is better – being invisible or being able to fly?

What's one rule you wish your adults didn't have?

If we could only have one holiday – which one would you pick?

If you could go anywhere in the world – where would you go?

What do you like the most about your sister/brother/mother/father?

If your pets could talk – what would they say?

If you could only have one wish – what would it be?

If you could read someone's mind – whose mind would you want to read?

If you were invisible – where would you want to go?

If you could play with only one thing your whole life – what would you pick?

If you could only read or listen to one book – which one would you pick?

If you could have any job in the world – what would it be?

Would you rather have no arms or no legs?

If you could turn someone nice – who would it be?

If you could be great at something – what would you want to be great at?

If you could be any age – what age would you want to be?

What do you remember from when you were younger?

If you could make the laws – what is one law you would definitely create?

If you could make up any holiday – what would it be called?

If you could live anywhere – where would you live?

If you could make any animal talk – what would it be?

If you could only have Christmas or your Birthday each year – which one would you pick?

What is your most favorite memory so far?

How many kids do you think you'll have when you grow up?

Will you have a pet when you're an adult? What kind?

What kind of car do you want to drive as an adult?

Describe your favourite teacher at school.

Would you rather be funny or honest?

If you could make one improvement to the world – what would it be?

If you had to teach someone something – what could you teach?

What's your funniest face?

You can make a mustache with any food on the table! Who has a mustache to share?

Who is the funniest person at the table?

If you could make three family rules – what would they be?

If you had to live with a cartoon character – who would you pick?

What will you be when you grow up?

What time should bedtime be?

Finish this sentence: “Someday I'm going to be the first person in the world to ...”

Who can make the loudest crunch with their food?

I spy with my little eye something that is ...

Name 3 kinds of vegetables.

What are you looking forward to right now?

What should we bake next?

If you had a pet dragon, what would you name it?



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Read out loud, except the word in (brackets). Have kids fill in the missing word.

When you cut out these phrases keep them in a separate jar from the conversation starters. These phrases are fun to read to young kids who can't read yet. Have your kids decide what word could go in the brackets:

There's no place like (home)

Better safe than (sorry)

As fit as a (fiddle)

Practice what you (preach)

Easy come and easy (go)

The early bird catches the (worm)

Jack of all trades, (master of none)

Birds of a feather (flock together)

Two wrongs don't make a (right)

Saved by the (bell)

Like father, like (son)

First come, first (served)

Laughter is the best (medicine)

When it rains, it (pours)

There's no such thing as a free (lunch)

Practice makes (perfect)

Two's a company three's a (crowd)

Don't bite the hand that (feeds you)

Actions speak louder than (words)

If it ain't broke, don't (fix it)

Cat got your (tongue)?

A penny saved is a (penny earned)

Cool as a (cucumber)

Like two peas in a (pod)

A penny for your (thoughts)

All's well that ends (well)

Where there is smoke there is (fire)



The squeaky wheel gets the (grease)

If you can't beat em, (join em)

You can't judge a book by its (cover)

Cold hands, warm (heart)

When the going gets tough, the tough (get going)

One man's trash is another man's (treasure)

Strike while the match is (hot)

Never underestimate the power of a (woman)

You can lead a horse to water but you (can't make it drink)

No news is (good news)

Don't put off until tomorrow (what you can do today)

If at first you don't succeed (try try again)

Better late than (never)

You can't teach an old dog (new tricks)