

Let's Talk...

Family Mealtime Cards



Let's Talk...

If you could choose your own name, what would it be?



Let's Talk...

What makes you laugh the most?



Let's Talk...

Where would you go on your dream vacation?



Let's Talk...

What is your favourite book or story? Why?



Let's Talk...

Who is your hero, and why?



Let's Talk...

If you could go back in time and talk to anybody, who would it be? Why?



Let's Talk...

What was the best birthday you've ever had?





Kids who eat dinner with their family more often have **Better School Performance.**

They have better language skills and better grades.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Eating together has many benefits. Start the conversation!

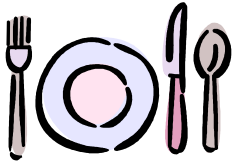
Use the *Let's Talk* cards to create meaningful mealtime conversations. Simply choose a card, pose a question and get talking!

Print on card-stock paper on double-sided printer, or on a regular printer, tape or glue pages back to back. Cut each page into 8 cards (if desired).

2014



Families say mealtime is their favourite time of day to **Connect and Talk** about their day.



Try breakfast instead of dinner. Turn off the TV and cell phones. Share pleasant conversation 😊

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat dinner with their family have **Better Nutrition.**

They eat more fruit, vegetables, fibre, calcium, folate, iron, vitamins B6, B12, C and E. They also drink less pop.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat meals with their family are **Less Likely to Abuse Substances.**

They are less likely to use alcohol or drugs and less likely to smoke.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat meals with their families are **Better Connected.**

They understand their family's values and traditions. They have a stronger sense of belonging and family support. They are less likely to be bullied.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



What is a **Family Meal?**

It's when at least one adult and one child eat together.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat dinner with their family have **Better Behaviours.**

They are less likely to get into fights and less likely to engage in sexual activities at a young age.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health

Let's Talk...

What was the best surprise you've ever had?



Let's Talk...

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



Let's Talk...

What are some of your favourite memories?



Let's Talk...

What is your favourite board game or card game?



Let's Talk...

Can you name 2 things that you are grateful for?



Let's Talk...

If you could invent something, what would it be?



Let's Talk...

If you had 3 wishes, what would you wish for?



Let's Talk...

What is your favourite season?





Kids who eat dinner with their family more often have **Better School Performance.**

They have better language skills and better grades.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat meals with their family have **Better Health.**

They are less likely to be overweight and less likely to suffer from depression or eating disorders.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Families say mealtime is the favourite time of day to **Connect and Talk** about their day.

Try breakfast instead of dinner. Turn off the TV and cell phones. Share pleasant conversation ☺

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat dinner with their family have **Better Nutrition.**

They eat more fruit, vegetables, fibre, calcium, folate, iron, vitamins B6, B12, C and E. They also drink less pop.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat meals with their family are **Less Likely to Abuse Substances.**

They are less likely to use alcohol or drugs and less likely to smoke.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat meals with their families are **Better Connected.**

They understand their family's values and traditions. They have a stronger sense of belonging and family support. They are less likely to be bullied.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



What is a **Family Meal?**

It's when at least one adult and one child eat together.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat dinner with their family have **Better Behaviours.**

They are less likely to get into fights and less likely to engage in sexual activities at a young age.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health

Let's Talk...

What foods on the table are crunchy?
Chewy? Sweet? Spicy?



Let's Talk...

What is the weather today?
What do you think it will
be like tomorrow?



Let's Talk...

What are some
of your favourite foods?



Let's Talk...

What made you smile
or laugh today?



Let's Talk...

If you could have any pet,
what would it be?
What would you name it?



Let's Talk...

If you could be any animal for
a day, what would it be? Why?



Let's Talk...

What is your favourite colour?
Do you see anything on the table
that is that colour?



Let's Talk...

What kinds of foods do
you like to eat for breakfast?





Kids who eat dinner with their family more often have **Better School Performance.**

They have better language skills and better grades.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat meals with their family have **Better Health.**

They are less likely to be overweight and less likely to suffer from depression or eating disorders.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Families say mealtime is the favourite time of day to **Connect and Talk** about their day.

Try breakfast instead of dinner. Turn off the TV and cell phones. Share pleasant conversation 😊

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat dinner with their family have **Better Nutrition.**

They eat more fruit, vegetables, fibre, calcium, folate, iron, vitamins B6, B12, C and E. They also drink less pop.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat meals with their family are **Less Likely to Abuse Substances.**

They are less likely to use alcohol or drugs and less likely to smoke.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat meals with their families are **Better Connected.**

They understand their family's values and traditions. They have a stronger sense of belonging and family support. They are less likely to be bullied.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



What is a **Family Meal?**

It's when at least one adult and one child eat together.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat dinner with their family have **Better Behaviours.**

They are less likely to get into fights and less likely to engage in sexual activities at a young age.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health

Let's Talk...

Do you have a make-believe story you would like to share?



Let's Talk...

Can you name some fruits that we peel before we eat them?



Let's Talk...

What would be the best kind of party for your next birthday?



Let's Talk...

Why do we need to wash our hands before we eat?



Let's Talk...

What game do you like to play outside?



Let's Talk...

Let's pretend we are going on a picnic. Where would we go? What would we bring?



Let's Talk...

What should we make for supper tomorrow?



Let's Talk...

Let's explore a food:
Can you look at it? Can you touch it?
Can you talk about it? Can you lick it?
Can you put it in your mouth?





Kids who eat dinner with their family more often have **Better School Performance.**

They have better language skills and better grades.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat meals with their family have **Better Health.**

They are less likely to be overweight and less likely to suffer from depression or eating disorders.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Families say mealtime is the favourite time of day to **Connect and Talk** about their day.

Try breakfast instead of dinner. Turn off the TV and cell phones. Share pleasant conversation ☺

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat dinner with their family have **Better Nutrition.**

They eat more fruit, vegetables, fibre, calcium, folate, iron, vitamins B6, B12, C and E. They also drink less pop.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat meals with their family are **Less Likely to Abuse Substances.**

They are less likely to use alcohol or drugs and less likely to smoke.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat meals with their families are **Better Connected.**

They understand their family's values and traditions. They have a stronger sense of belonging and family support. They are less likely to be bullied.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



What is a **Family Meal?**

It's when at least one adult and one child eat together.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health



Kids who eat dinner with their family have **Better Behaviours.**

They are less likely to get into fights and less likely to engage in sexual activities at a young age.

Adapted from: "Let's Talk..." from Nuu-chah-nulth Tribal Council & Island Health