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?
If you could be any type of animal, what would it be and why?
If you could have a super-power, what would it be?
If our family could have any animal in the world as a pet, what you would you like to have? Why?
What family tradition would you like for us to start?
What is your favorite family tradition?
What is the most interesting news you read, heard, or saw today?
Talk about two things that your friends’ families do differently from ours.

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Who is your favorite athlete?
If you could be president, what is the first thing you would do?
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.
Would you rather fly or be invisible? Why?
What would you like to do when you grow up?

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Tell us a funny story or joke.
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?
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?
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.
If you could participate in any event in the Olympics, which event would it be? Why?
If we had a time machine, when and where would you like to visit?
If you could be an actor on any television show, which show would you pick?
If you could go anyplace in the galaxy, where would you go?
What was the most boring thing that happened to you today?
Tell us about your favorite part of the day.
How could we as a family help others in our community?
What made you happy this week?
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?
Tell about your favorite movie.
What was one thing that frustrated or upset you this week?

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Share something new you learned today.
If you could invite someone to dinner, who would it be and why?
What is your idea of a perfect friend?
What made you sad this week?
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?
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.
What foods would you have at your favorite dinner?
What music have you most enjoyed this week?
Imagine having a family party. What would we do?
If you had unlimited money, what would you do with it?
When you disagree with someone, what do you do?
What is your idea of a perfect birthday party?
What toppings would you put on a homemade pizza?
What made you angry this week?
When you make a mistake, how do you deal with it?
What is your favorite season of the year? Why?
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?
What is special about you?
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?
Use three adjectives that describe your day today.
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?
What other language would you like to learn?
Describe what makes you feel really important.
What two questions do you have about our family history?

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What was the best gift you ever received?
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.
If you could make one change in the world, what would it be?
Describe your ideal mom or dad.
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?
What is the most unusual food you have eaten?
What is one thing you are really good at?
What do you like best about our family?

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What are your favorite holiday foods?
After our meal, what activity can we do together?
What are the reasons why we eat?
What story would this food tell us about how it arrived on your plate?
Can we think of a song about food? Sing it!
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?
What outside activity could we do together as a family?
Tell about something that hurts your feelings.
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?
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?
If we were to write a family goal for this week, what would it be? What could we accomplish?
How do you feel when you are around people who are different from you?
Tell about a time when you told someone you were sorry. Was it easy or difficult to do?
Guess how much time we usually take to eat our meal together. Then time it!
What do people think about you when they first meet you? What do you want them to know about you?
Why do nutrition experts say breakfast is the most important meal of the day?
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