

Strong4Life Mealtime Conversation Starters

Positive mealtime conversations encourage communication and help develop language skills. While it's important to talk a little about food, mealtime is also an opportunity to support social-emotional development and extend classroom learning.

Talk About the Food:

- **Name** the foods and drinks being served.
- **Ask**, "Which food was your favorite?"
- **Talk** about hunger and fullness: "I know I'm hungry because my stomach is rumbling. Do you feel hungry?" "Does your stomach feel full?"

Support Social-Emotional Development:

- **How** are you feeling today?
- **What** was the most fun part of your morning/day?
- **What** are you looking forward to doing later today?
- **If you** could be a _____ (animal, book character, community helper, etc.), what would you be? Why?
- **Can** you name one thing you are thankful for?

Extend Classroom Learning:

- **Use math talk**—Count pieces of food or use words like "more/less" or "bigger/smaller"
- **Incorporate science**—Explain where a food comes from: Does it grow underground? Above ground? In a tree?
- **Extend social studies**—Discuss foods that may grow in your community or come from other cultures.