

# Conversation starters at mealtimes

Ideas on how to talk to children about food during mealtimes



- Has anyone eaten this food?
- I didn't like \_\_\_\_ until I tasted it a few times.
- Your lunch smells delicious - what are you eating today?
- What colour/shape/size is that food?
- Describe the food- "This orange is tangy on my tastebuds", "This carrot is crunchy".
- Who else do you think would like to eat this food?
- What crunchy food do you like best?
- How does this food grow - any ideas?
- Where does this food come from?
- What foods are <insert colour>.
- Your tastebuds may need to grow before you start liking \_\_\_\_.
- I like how you tried \_\_\_\_ today.

