

# TOTS

## MEALTIME CONVERSATION CARDS

**BUY EAT LIVE**  
**HEALTHY**

EFNEP | EXPANDED FOOD & NUTRITION EDUCATION PROGRAM  
FNP | FAMILY NUTRITION PROGRAM  
LYF | LOVING YOUR FAMILY - IOWA



### INSTRUCTIONS:

Cut cards on lines. Put on table in a small cup or bowl. Choose one card at a time for enjoyable family conversations.

Por favor corte estas tarjetas separándolas de lo largo de las líneas punteadas. Póngalas en una taza o tazón en la mesa. Elija una tarjeta para comenzar las conversaciones de las comidas familiares.

What kinds of foods do you like to eat best for breakfast (or lunch or dinner or when we go to a restaurant)?

¿Qué son tus comidas favoritas para el desayuno, el almuerzo, la cena o a un restaurante?

If you could be any animal in the world for a day, which animal would it be? Why?

¿Si pudieras ser cualquier animal en todo del mundo durante un día, cual animal serías?  
¿Por qué?

What would you like to play after we are finished with this meal? Would you like to play outside or read a book?

¿Qué te gustaría jugar cuando terminamos la comida? ¿Te gustaría jugar afuera o leer un libro?

What would be the best kind of party you could imagine having for your next birthday? Why?

¿Qué es la mejor fiesta que puedes imaginar para tu próximo cumpleaños? ¿Por qué?

Do you have a make-believe story you would like to share with the whole family while we eat together?

¿Tienes un cuento de fantasía que te gustaría contar a la familia mientras comemos?

Would you like to help plan dinner for tomorrow night? What foods would you like to help cook for dinner?

¿Te gustaría ayudar a planear la cena para mañana por la noche? ¿Qué tipos de comida te gustaría ayudar a cocinar para la cena?

What made you smile (or laugh or giggle or cry or feel sad or feel happy) today? Why?

¿Qué te hizo sonreír (o reír, llorar, sentir feliz o triste) hoy? ¿Por qué?

Who did you sit next to at preschool (or childcare or play group or church) today? What did you talk about?

¿Quién se sienta a tu lado a jardín de infancia, (guardería o iglesia) hoy?

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If you could have a super power, would you rather fly or be invisible? Why?

¿Si tuvieras un superpoder, elegirías volar o ser invisible?

If our family could have any animal in the world as a pet, what would you like to have? Why?

¿Si nuestra familia pudiera tener cualquier animal en todo el mundo como una mascota, que te gustaría tener? ¿Por qué?

What is the nicest thing you did for someone today? What is the nicest thing someone did for you?

¿Qué es la cosa más simpática que haces para alguien hoy? ¿Qué es la cosa más simpática que alguien hace para ti hoy?

What foods on the table are crunchy? What foods are chewy? What foods are sweet? What foods are spicy?

¿Qué comidas en la mesa son crujientes? ¿Qué comidas son duras? ¿Qué comidas son dulces? ¿Qué comidas son picantes?

If you could be any kind of food, what would you be? What would be fun about being that food?

¿Si pudieras ser cualquier tipo de comida, que te gustaría ser? ¿Que sería divertido sobre esta comida?

What is one of your favorite colors? Do you see anything of that color on the table?

¿Qué es tu color favorito? ¿Hay una cosa en la mesa que es el mismo color?

What storybooks do you like to read? Is there a special book you would like to read together after dinner?

¿Qué libros de cuentos te gusta leer? ¿Hay un libro especial que te gusta leer juntos después de la cena?

What was the weather like outside today? What do you think the weather will be like tomorrow?

¿Cómo es el tiempo hoy? ¿Qué piensas el tiempo será mañana?

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What makes somebody a good friend?  
How have you been a good friend to  
someone recently?

¿Qué son las características que representan un  
buen amigo? ¿Has sido un buen amigo a alguien  
recientemente? ¿Cómo?

What would you like to do if you were elected  
President of the United States? Why?

¿Si fueras el presidente de los Estados Unidos, que  
te gustaría hacer? ¿Por qué?

What makes you different from the person sitting  
next to you at the table? What makes you  
the same?

¿Qué lo diferencia de la persona a tu lado a la  
mesa y tu? ¿Que son tus semejanzas?

What is the hardest thing you did today? What is  
the hardest thing you have ever done?

¿Qué es la cosa más difícil que haces durante el  
día? ¿Qué es la cosa más difícil que has hecho en  
toda tu vida?

If you could travel anywhere in the world, where  
would you go? What would you like to see there?

¿Si pudieras viajar a cualquier lugar en todo del  
mundo, dónde irías? ¿Qué te gustaría ver allí?

What are your favorite foods in the meals we  
make at home? What other foods or recipes would  
you like to try?

¿Qué son tus comidas favoritas que estamos  
hechos en casa? ¿Qué otros tipos de comida o  
recetas te gustaría probar?

What is your favorite sport to play? Why?  
What is your favorite sport to watch in person or  
on TV? Why?

¿Qué es tu deporte favorito jugar? ¿Por qué?  
¿Qué es tu deporte favorito ver en persona o en la  
televisión? ¿Por qué?

What is the most interesting news story you read,  
heard, or watched today? Why?

¿Qué es la más interesante noticia que has leído,  
oído o visto hoy? ¿Por qué?

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What is a job or profession that really interests you? Why? Do you know anyone with the job? Who?

¿Qué profesión o trabajo te interesa? ¿Por qué?  
¿Conoces alguien en esta profesión? ¿Quién?

What planet or star in the solar system would you like to visit? What do you imagine you would find there?

¿Qué planeta o estrella en el sistema solar te gustaría visitar? ¿Qué vas a descubrir?

What is something that makes you afraid? What is something you used to be afraid of but are not afraid of now?

¿Qué asustas? ¿Qué asustaba en el pasado, pero ahora no tienes miedo?

If you could change one thing that happened to you today, what would it be? How would you make it different?

¿Si pudiera cambiar una cosa de hoy, que sería?  
¿Cómo la cambiarías?

Do you think it is ever OK to yell at another person? When – or for what reasons?

¿Piensas que es aceptable a gritar a otra persona?  
¿Cuándo – y por qué razones?

Who did you sit by today at lunch (or on the bus or at church)? What did you talk about (or learn from them)?

¿Quién se sienta a tu lado a almuerzo (o en el autobús, a iglesia) hoy? ¿De qué hablan?  
¿Aprendas algo?

What is the most interesting thing you read today? Where did you read it and why was it so interesting?

¿Qué es la cosa más interesante que has leído hoy? ¿Dónde la lees y por qué es interesante?

What new word did you learn today? What does it mean? How would you use it in a sentence?

¿Aprendas una nueva palabra hoy? ¿Qué significa?  
¿Cómo usa en una frase?

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### SPORTS

Share how you (or another family member) performed while playing sports today.

Comparte cómo tú (o otro miembro de la familia) jugó durante el juego hoy.

### SPORTS

Share how your favorite team or player in a college or professional sport performed today.

Comparte cómo tu equipo o jugador favorito de la universidad o de deportes profesionales jugó hoy.

### JOKES

Tell a joke you think will make other family members laugh.

Cuenta un chiste que tú piensas hará reír a los otros miembros de la familia.

### JOKES

Describe a joke or comic routine you recently heard or saw on TV or in a movie.

Describe un chiste o algo gracioso que has oído o visto en una programa de televisión o una película recientemente.

### A FUNNY THING HAPPENED

Describe a funny or silly thing that happened to you today.

Describe una cosa graciosa que te ocurrió a tú hoy.

### A FUNNY THING HAPPENED

Describe a funny or silly thing that happened to someone else today.

Describe una cosa graciosa que le ocurrió a alguien hoy.

### FUTURE PLANS

Describe something you are planning to do in the future (in the near future or years ahead).

Describe algo que vas a hacer en el futuro (en un futuro cercano o los próximos años).

### FUTURE FAMILY PLANS

Describe something our family should plan to do in the future.

Describe algo que tu familia debe planear a hacer en el futuro.

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### MUSIC

Share the most interesting new piece of music you have heard recently.

Comparte la más interesante selección de música que tú has oída recientemente.

### MOVIES/TV SHOWS

Share the most interesting new movie or DVD (or TV show) you have seen recently.

Comparte la más interesante película o DVD (o programa de televisión) que tú has visto recientemente.

### COMPLIMENTS

Describe an unexpected compliment you gave or received from someone recently.

Describe un cumplido inesperado que tú has dado o recibido de alguien recientemente.

### COMPLIMENTS

Describe an unexpected compliment you would like to give someone at the table.

Describe un cumplido inesperado que te gustaría hacer a alguien a la mesa.

### FAMILIES

Describe one of our family traditions you really like – and a new tradition you would like us to add.

Describe una tradición de la familia que te gusta mucho, y una nueva tradición que te gustaría añadir a tus tradiciones.

### FAMILIES

Describe the kind of family you would like to live with for a year, like as an exchange student.

Describe el tipo de familia que te gustaría vivir con durante un año, como un estudiante de intercambio.

### HEROES

Name someone you admire and share what it is about them that inspires you.

Nombra a alguien que admiras y comparte tus razones.

### HEROES

Name 2 – 3 of the most important people alive (in your opinion) and share why you chose them.

Nombra 2–3 de las más importantes personas vivas (en su opinión) y comparte por qué las eliges.

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How do you react when someone crowds in line  
in front of you?

¿Cómo reaccionas cuando alguien se mete en la  
fila adelante de ti?

Talk about something you enjoy doing with  
your family.

Habla de algo que te gusta hacer con tu familia.

What is the best thing for you to do when you  
feel angry?

¿Qué debes hacer cuando te sientes enojado?

What is the best way for people to show you they  
love you?

¿Cuál es la mejor manera para demostrar el amor  
por alguien?

Tell me about a time when you really had fun with  
your family.

Habla de alguna ocasión cuando te divertiste con  
tu familia.

Complete this statement.  
The best day of the past week was:

Completa esta oración.  
El mejor día de la semana pasada fue:

What is the best thing for you to do when you  
feel sad?

¿Qué debes hacer cuando te sientes triste?

What is your favorite month of the year and why?

¿Cuál es tu mes favorito del año y por qué?

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Talk about a special gift that you remember.

Habla de un regalo especial que recuerdas.

Say something about your eating habits.

Dí algo sobre tu hábitos de alimentación.

What is your favorite time of the day?

¿Cuál es tu hora favorita del día?

What is your favorite beverage?

¿Cuál es tu bebida favorita?

What is one food you dislike?

¿Qué es una comida que no te gusta?

What is your favorite holiday and why?

¿Cuál es tu día festivo favorito? ¿Por qué?

What is your favorite kind of animal?

¿Cuál es tu animal favorito?

Share something you have always wanted to try  
but never have.

Comparte algo que siempre has querido intentar  
pero que nunca lo has hecho.



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What is your favorite kind of music?

¿Cuál es tu música favorita?

What kind of food do you think would describe you and why?

¿Qué tipo de comida piensas que te describiría mejor y por qué?

If your family received a gift of \$5,000, how would you like your family to spend it?

¿Si tu familia recibiera un regalo de \$5,000, cómo te gustaría que tu familia gastar el dinero?

If you could spend one whole day with your best friend, what would you like to do?

¿Si tu pudieras pasar un día entero con tu mejor amigo, que te gustaría hacer?

Describe the "greatest" dessert in the world.

Describe el "mejor" postre en todo el mundo.

Would you rather play basketball, do exercises, or lift weights?


¿Prefieres jugar baloncesto, hacer ejercicio, o levantar pesas?

Tell about someone who encourages you.

Habla de alguien que te anime.

Tell about a time when you felt frightened.

Habla de una ocasión cuando te sentías asustada.

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Who is someone you really respect? Why do you respect this person?

¿Quién es alguien que de veras respetas? ¿Por qué respetas a esta persona?

Talk about the importance of religious faith in your life.

Habla de la importancia de la fe religiosa en tu vida.

Tell about a family tradition that you enjoy.

Habla de una tradición familiar que disfrutas.

What is your favorite color?

¿Cuál es tu color favorito?

Say something about saving money.

Dí algo sobre el ahorro de dinero.

Share advice someone gave you that really helped you.


Habla de algún consejo que alguien te dio que realmente te ayudó.

How do you feel about your name?

¿Qué te parece de tu nombre?

What freedom do you value the most?

¿Qué libertad valoras más?

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Talk about something beautiful you saw this week.

Habla de algo bello que viste esta semana.

Name your favorite teacher (past or present).

Nombra a tu profesor favorito (presente o pasada).

What I like best about our family is...

Lo que me gusta más de nuestra familia es...

Tell about the last time you were late for something.

Habla de la última vez que llegaste tarde a algún evento.

Tell about a mistake you have made recently.

Habla de un error que tú has cometido recientemente.

Name a friend.

Nombra a un amigo.

Tell about a time when you felt happy.

Habla de una vez que te sentías contento.

What is your favorite fruit or vegetable?

¿Cuál es tu fruta o vegetal favorito?



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