

# Family Mealtime Conversation Cards



## Get Active:

Playing outside is fun and good for you!  
When you play, you use your body a lot,  
which can help you stay healthy and fit.

- What are some of your favorite activities at the park or playground?
- Aside from getting exercise, what other benefits can you think of about playing outside? For example, when you play outside at the park, you can meet new kids and make friends. You also learn about important things like sharing and taking turns!
- What are some of your favorite healthy snacks to take with you to the playground?



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## Thinking Outside of the Vegetable Patch:

Vegetables are important because they're naturally filled with good-for-you vitamins your body needs! Vegetables are also really low in calories and full of healthy fiber! People who eat lots of veggies (and fruits) are less likely to get certain sicknesses.

- Name your three favorite vegetables. What vitamins and other nutrients do they provide?
- If you could create a new vegetable, how would it look and taste? What nutrition would it have? What would you name it?
- Are there any vegetables you don't like? Think about one or two new healthy ways you and your family could cook or prepare it that might make it a new favorite!

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