

# PICNIC

## MEALTIME CONVERSATION STARTERS

Aim for mealtime conversations to be relaxed and free from any pressure. They may or may not be about food. Let children guide the conversations.

### Related to food:

- What is your favourite food?
- What did you have for dinner last night?
- If you could grow any food, what would you grow?
- What colour is on your plate/lunchbox?

### Not related to food:

- What is your favourite song?
- What is your favourite weekend activity?
- If you could have a superpower, what would it be?
- If you could be an animal, what would you be?