



Dinner Conversation Starters for Healthy Families

What's your favorite family tradition?

What's your favorite way to relax?

If sleep was a superpower, how would that help you?

What's your favorite thing to play at recess?

What's your favorite outdoor activity for this season?

What's your favorite way to move your body?

How many bottles of water did you drink today?

What's a new fruit or veggie you want to try?

What's your favorite healthy snack?

If you could be any fruit or veggie, what would you be and why?

How does your body feel when you eat healthy?