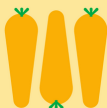




Mealtime conversation cards

**Choose a card
and get talking!**



**Good for kids
Good for life**



About these cards:

Keeping meals positive and relaxed in early childhood is important to lay the foundation for a healthy relationship with food. It also supports child emotional, social, and physical development. Use these conversation cards to encourage a calm and happy atmosphere during mealtimes at your service.

They will also help children:

- Develop language and social skills through conversation, sharing and taking turns.
- Strengthen relationships between caregivers and friends.
- Encourages learning by asking questions, sharing ideas, and learning from others.



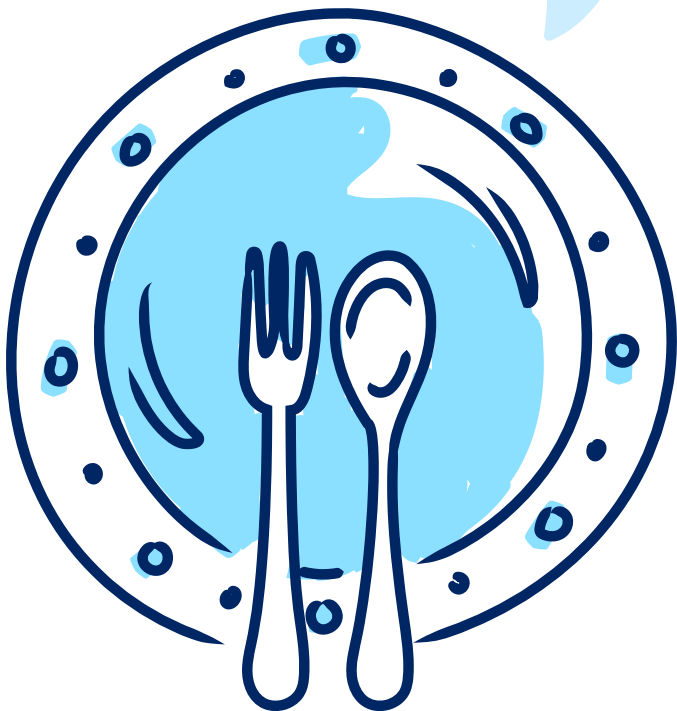
EYLF

Outcome 4:

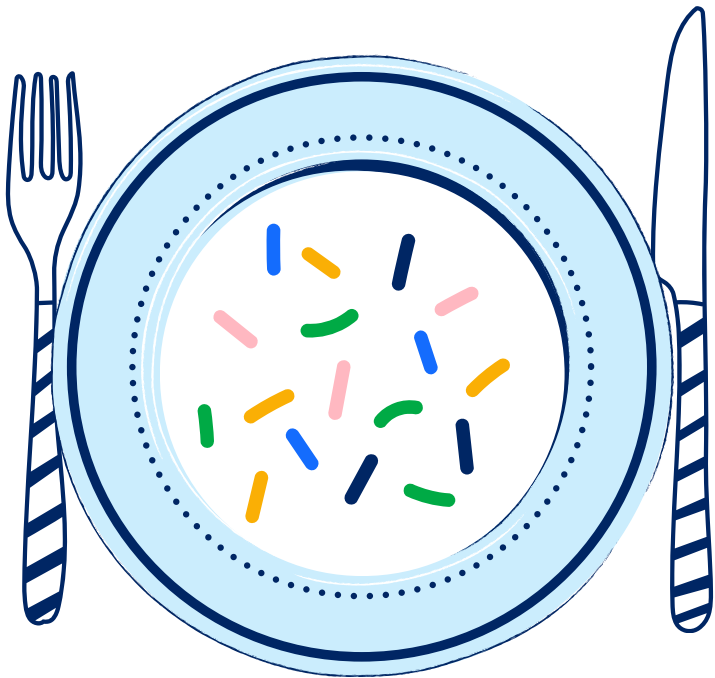
Children transfer and adapt what they have learnt from one context to another.

What colour is your plate?

What shape is your
plate?



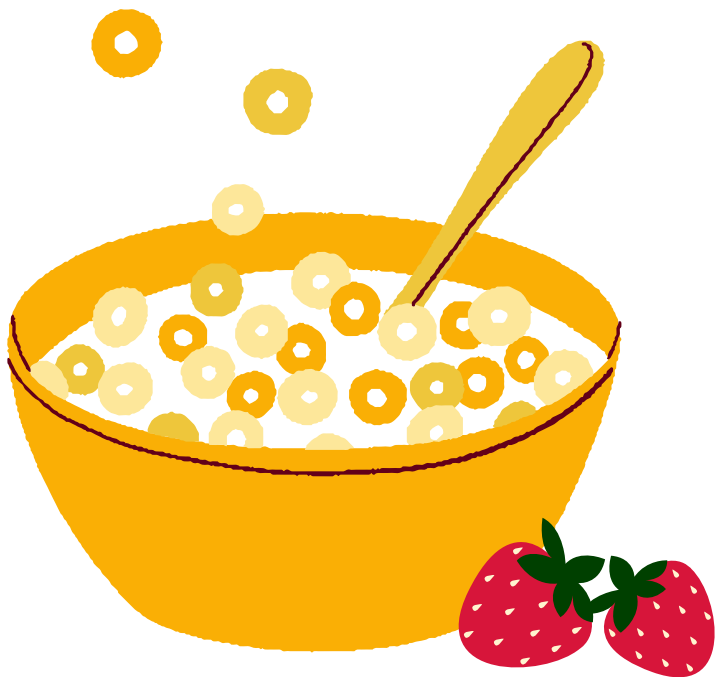
**What colours can you
see on your plate?**



Eye spy with my little eye
(food on plate or table)

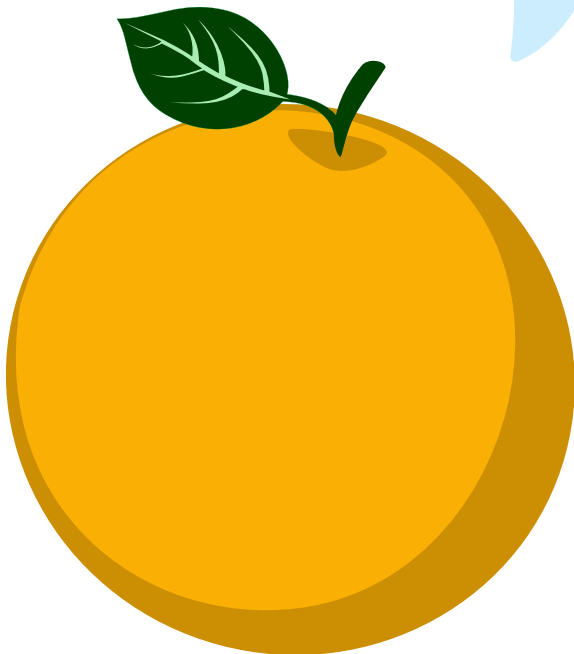


**What do you like to eat
for breakfast?**

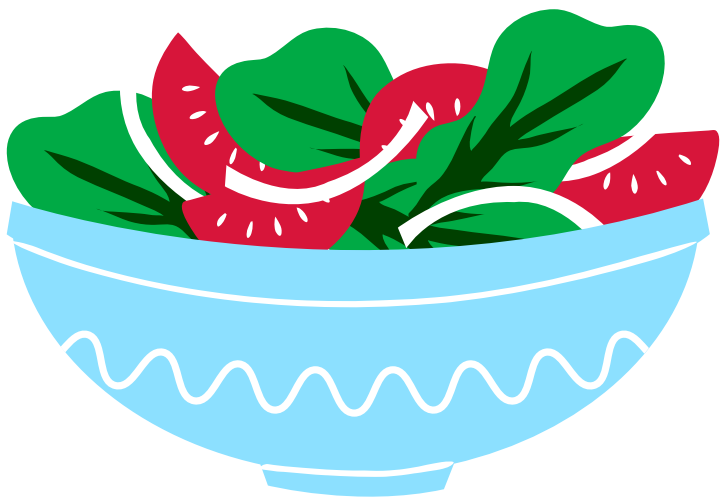


What shape is an orange?

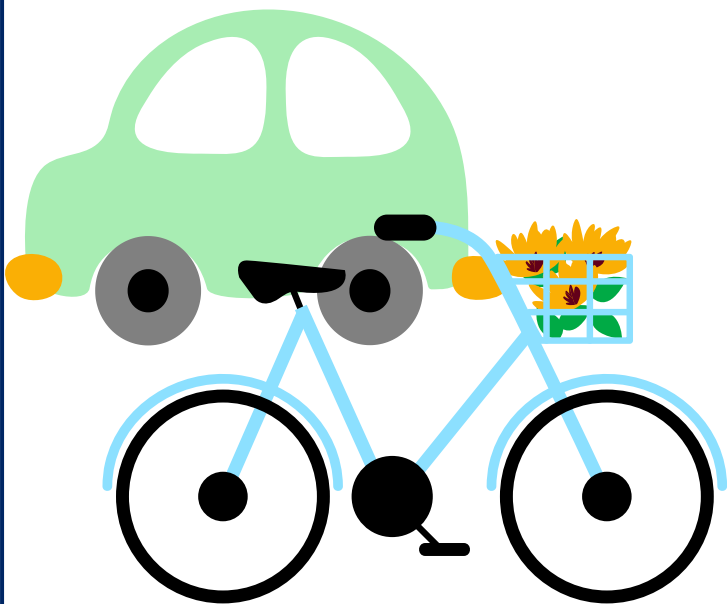
What else is this
shape?



**If you were making a salad,
what would you put in it?**

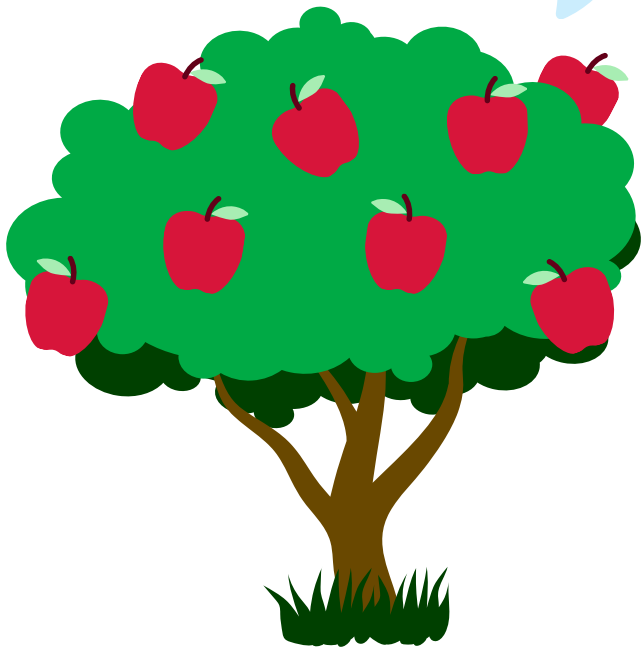


**How did you get to
school/care today?**



Where does <insert food> come from?

Where is the food grown?
How is the food made?



**If you had a farm, what
animals would you have?**



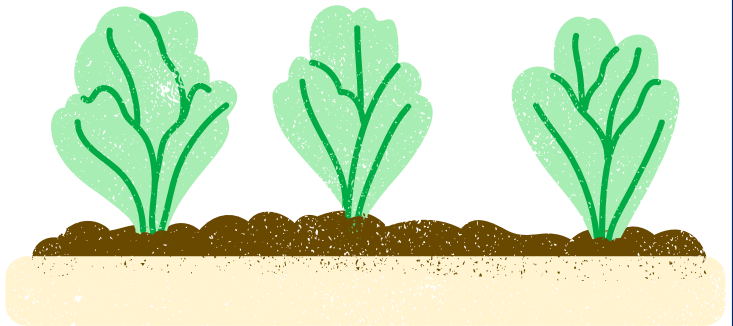
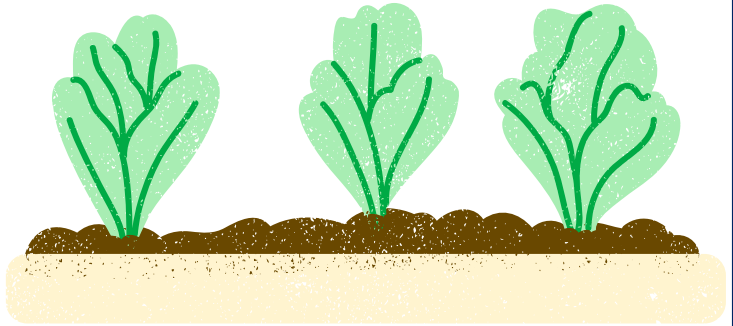
**Where country/cuisine is this
meal/dish/food from?**



**If you had your own restaurant,
what food would you cook?**

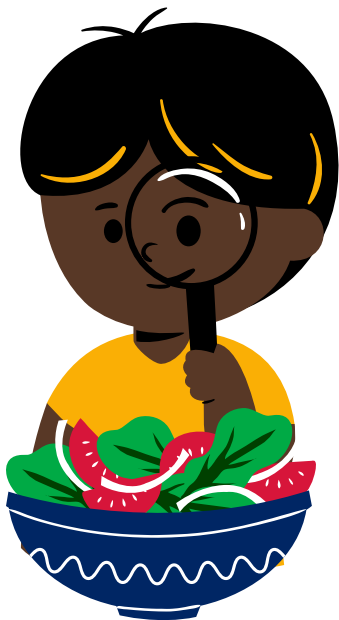


**Do you grow any foods in
your garden at home?**



What does *<insert food>* look like?

What colour is it?
What shape is it?
What size is it?



What does *<insert food>* feel like?

Is it dry/wet?

Is it hot/cold?

Is it smooth/bumpy?

Is it hard/soft?



What does *<insert food>* smell like?

*Is it a strong smell?
Is it sweet or fruity?
Does it remind you of
anything?*



What does *<insert food>*
taste like?

Is it a strong taste?

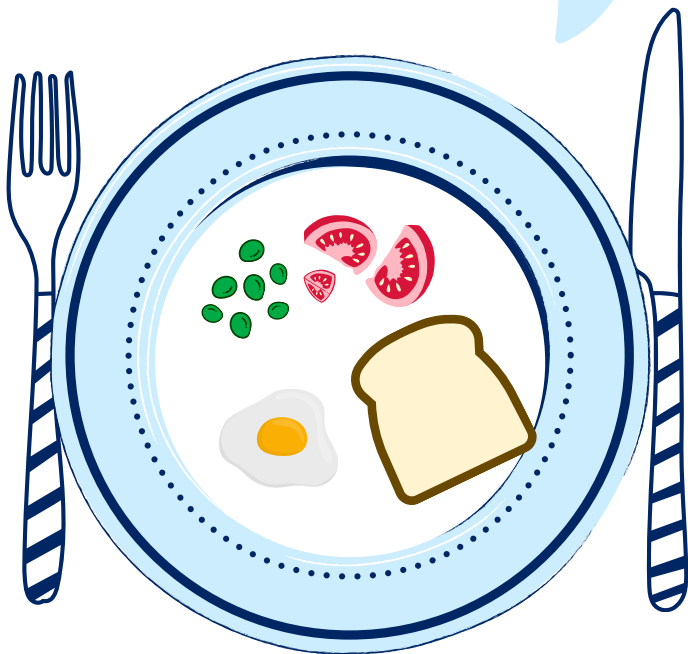
Is it sweet?

Is it sour?



**What's the biggest food
on your plate?**

What's the smallest
food on your plate?



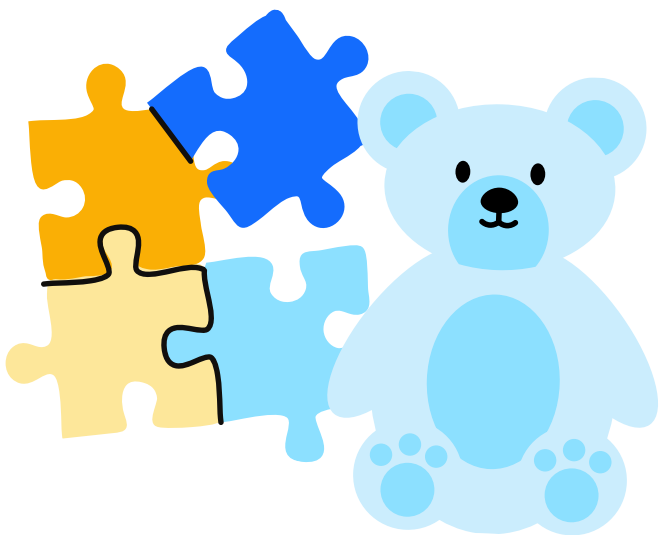
What does *<insert food>* sound
like when you take a bite?

Is it loud?
Is it crunchy?



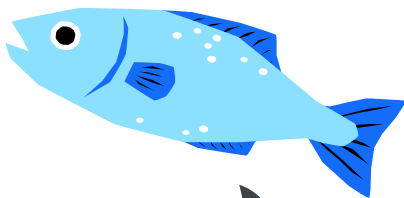
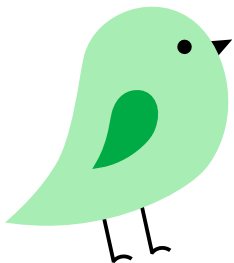
**What game/s do you want
to play after lunch?**

*What's your favourite
game?*

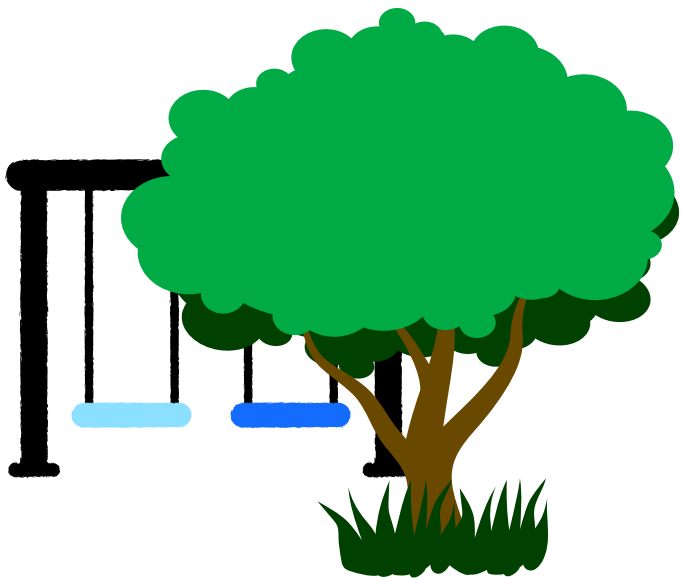


What is your favourite animal?

*Do you know what
they like to eat?*



**What's your favourite
outside activity?**



If you could have a super power, what would it be?

