



# FAMILY MEALS: *NOURISHMENT BEYOND NUTRITION*

## Family Mealtime Conversation Cards



Use these conversation cards during family meal time to create positive conversations among family members and friends. Have family members contribute their own conversation starters to the ring.

These conversation starter cards were created by the Child & Youth Cabinet of the Greater North Penn Collaborative for Health and Human Services with financial support from the North Penn United Way.



**If you were ruler of the world  
for one day, what three things  
would you do?**



**If you were to write a book,  
what would it be about?**



**What would you do on a  
perfect summer day?**



**What was the best  
part of your day?  
What was the hardest  
part of your day?**



**Create your own question:**

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**Create your own question:**

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**Create your own question:**

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