



# HSCI Meal Talk

Meal and snack times provide great opportunities to learn about nutrition, table manners and sharing. They are also a perfect time to develop and practice conversation skills. HSCI developed Meal Talk cards to spur and support conversation between children during the typical classroom meal times.

Preparing Meal Talk Cards
<ul style="list-style-type: none"><li>• Print one set of Meal Talk cards for each classroom table from the HSCI website</li><li>• Cut along the solid black lines</li><li>• Laminate each card</li><li>• Put each set of cards in a small basket or paper lunch sack (one container per classroom table)</li></ul> <p><i>**For a faster, less costly version simply print and place a whole sheet of Meal Talk cards in a clear sheet protector. Provide a full set of questions to each classroom table (this would be 2 sheets per table).**</i></p>
Introducing and Facilitating the Use of Meal Talk Cards
<ul style="list-style-type: none"><li>• After children are settled and eating, try modeling the use of the meal talk cards</li><li>• Pull a card from the basket or bag (no peaking adds an element of surprise) and show kids the picture. "This card has a question on it. Hmmm...what do you see in this picture?" See if children can come up with some guesses about what the question may be. Finally, read the question aloud and directly ask the question to individual children at the table. Model turn taking within a conversation.</li><li>• Encourage children to start using the cards on their own. "Who wants to try next?"</li><li>• The idea is to encourage and facilitate conversations, so it is not necessary that one child at a time draw from the basket and ask every child at the table the question. Better yet, allow children to pass the basket around so several children can have conversations with one or two partners at one time.</li><li>• Keep in mind, the goal of this support is to facilitate and promote talk between children, not necessarily the adult.</li></ul>
One Step Further
<ul style="list-style-type: none"><li>• As the year goes on try refreshing the Meal Talk cards with new and higher level questions. Create cards using photographs, clip art pictures or search the Internet for images. Some questions may include <i>Can you think of something that smells delicious/stinky?, What did you do this weekend? What would you do if you found a baby elephant in your backyard?</i></li></ul>

# Meal Talk

Do you have any brothers or sisters?



Do you have any pets?



How old are you?



What do you like to do on a rainy day?



What do you like to do outside?



What do you like to do with your family?



# Meal Talk

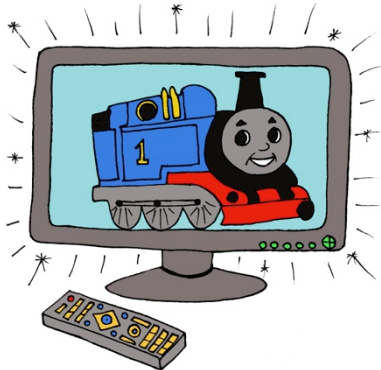
What are you going to play with today?



What is your favorite color?



What is your favorite show?



What is your favorite toy?



What is your favorite animal?



What is your favorite food?

