

HEALTH & WELL-BEING

TABLE TALK

September



What is your favorite holiday or special occasion food?

If you were tiny enough to live in the grocery store overnight, which fruit or veggie would make the best house? The best playground?

If you found out fruits and vegetables could talk, what would they say? What would you want to ask them?

Which veggies do you like to eat raw (not cooked)? Which ones do you like cooked in different ways?

If fruits and veggies had jobs, what job would a carrot have? A bunch of grapes? Broccoli?

Is there a fruit or veggie that makes you think of a special person, a memory, or a place?

What fruit or vegetable has the best natural "wrapper" or skin?

What do you think is the healthiest food in your kitchen?

When you look at your meals this week and think about the colors of the rainbow, what colors of fruits and veggies are missing?

If you ate a different fruit every day for one week, which 7 fruits would you pick?

What two foods taste good when you eat them together?

Is there a food you did not like when you first tried it, but now you like it?

Can you name **5** fruits or veggies that come from other countries?

If you **planted** a garden, what would you **grow**?

Is there a food you **really don't like**? Why—**taste, texture, or something else**?

Think about yourself in **20 years**. What **advice** would your **older self** give you about eating and food habits?

In **Blue Zones**, areas around the world where more people live to be 100 years old, **people eat healthy foods and have healthy habits, like eating meals together**. What habits make you feel happy and healthy?

What are some ways to **eat healthy while saving money**?

What is your **favorite treat**?

Do you have a **favorite meal** you like to share **with family**? What about **friends**?

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It's
NATIONAL
FAMILY MEALS
MONTH

FMI Foundation



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