

Family Meals:

Growing Up

- What was a typical family dinner like?
- What time did you eat?
- What were your typical meals? favorites? worst meals?
- Who prepared it? Who served it? Who cleaned-up?
- How did your meal begin?
- What did you talk about at the family table?
- How did the family meal end?

Think about your family table and place the people around your family table.



Yesterday & Today

A Special Meal

Take a moment to recall the story of a special meal—Thanksgiving, Christmas, an important family celebration—that was significant for you and/or your family?

- What did you celebrate?
- What was on the menu?
- What happened? Think of the preparation for the meal, the experience of the meal, and activities after the meal.
- Why was the meal important for you and for those who attended?

Eating Well Today

What is your typical family or household meal like today?

- How many days a week does your family or household gather for a meal together?
- What time do you eat?
- Who prepares it? Who serves it? Who cleans up?
- How does your meal begin?
- What do you talk about at the table?
- How does the meal end?

