NOURISH GAMES

# Table Talk

Thirteen cards, four prompts on each: fifty-two ways into a conversation at mealtime. Print the next four sheets, cut on the dashed lines, and keep the cards in a jar on the table. No score, no timer, nothing to get right.

## WHAT YOU NEED

Four sheets of card stock (plain paper works too). Print at actual size (100%).

## CUTTING

Cut on the dashed lines: four cards per sheet, 4 by 5¼ inches (10 by 13.3 cm).

## AT THE TABLE

Draw a card and pick any one of its four prompts. Everyone answers, or just the person who drew it. The prompts about family and memory tend to run long, which is the point.

## THE LAST TWO CARDS

They are blank on purpose. Write four prompts of your own: the ones that come up at your table and nobody else's.

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# Table Talk

THE DECK

Fifty-two ways into the story of your food, for a table where people are eating together. Draw a card, pick any one of its four prompts, and let the answer take as long as it takes.

13 CARDS

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# Table Talk

1 / 13

1. Your first memory of eating a freshly picked fruit or vegetable
2. Your first memory of helping out in the kitchen
3. Your first memory of eating an ethnic food other than your own
4. An unforgettable meal

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# Table Talk

2 / 13

1. A memorable dish made by your grandmother, grandfather, aunt, or uncle
2. A signature dish made by your mother or father
3. Your favorite family food tradition
4. A family story about food that makes you laugh

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# Table Talk

3 / 13

1. Fruits and vegetables you would plant if you started a garden
2. Crops you would grow if you were a farmer
3. Animals you would raise if you were a rancher
4. Menu items you would serve if you started a restaurant

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## Table Talk

4 / 13

1. Your favorite ethnic cuisine
2. A country you would like to visit for a food adventure
3. A new food or dish you would like to try
4. One food you could not live without

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## Table Talk

5 / 13

1. Your favorite breakfast items
2. The ingredients for a perfect smoothie
3. Food you would pack for an outdoor picnic
4. The menu for a dinner party you are hosting

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## Table Talk

6 / 13

1. What you love about eating
2. One action you can take to eat healthier
3. One action you can take to get more exercise
4. What the word “nourish” means to you

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## Table Talk

7 / 13

1. Your favorite section of the grocery store
2. A guilty pleasure when it comes to food
3. What you love about sharing a meal with others
4. Food ads that have influenced your eating

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## Table Talk

8 / 13

1. Your most prized possession in the kitchen
2. Your proudest accomplishment in the kitchen
3. An aroma you love to smell coming from the kitchen
4. What you love about cooking

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## Table Talk

9 / 13

1. Cooking skills you want to learn
2. Gardening skills you want to learn
3. A question you might ask a farmer or rancher
4. A question you have about the story of your food

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## Table Talk

10 / 13

1. The most exotic food you have ever tried
2. The weirdest meal you can remember
3. A food that surprised you
4. A food you would like to draw, paint, or photograph

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## Table Talk

11 / 13

1. A famous chef you would like to meet
2. Your favorite dish to cook, or to eat
3. Your best teacher when it comes to cooking food
4. Your role model when it comes to healthy eating

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## Table Talk

12 / 13

1. Three fruits you would pick for your food Hall of Fame
2. Three vegetables you would pick for your food Hall of Fame
3. Your favorite restaurant
4. Your favorite dessert

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## Table Talk

13 / 13

1. A new food or dish you discovered during the past year
2. Tasty foods discovered through travel or friends
3. People we should thank for bringing food to our table
4. A family story about food to share with future generations

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## Table Talk

YOURS

1

2

3

4

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## Table Talk

YOURS

1

2

3

4

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