

Enjoy Your Meal Experience

If you were in a cooking contest, which dish would you prepare for the judges?



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If you could only eat 5 foods every day for the rest of your life, what would they be?



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If you could have dinner with anyone (past or present), who would it be with? What would you serve?



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If you did the grocery shopping for your family, what would be the first 5 foods in your cart?



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What is the most exotic food that you have ever eaten? Did you enjoy it?



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Have you ever refused to try a food but liked it when you tried it? What food was it?



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What is your favourite food from a different culture?



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Imagine your favourite character from a story or movie came to dinner. What healthy meal would you prepare?



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What holiday or celebration do you enjoy the most?



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If you were asked to make a healthy meal for your parents, what would you make?



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If you were stranded on a deserted island, what 5 foods would you take with you?



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If you could invent a new vegetable, what would it be called? What would it taste like?



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If you could plan a menu for a restaurant, what meals would your restaurant be famous for?



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If you were a vegetable or fruit, which vegetable or fruit would you be?



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Why do you think holidays and celebrations always have food?



Enjoy Your Meal Experience

Which meal is your favourite- breakfast, lunch or supper? Why?



Enjoy Your Meal Experience

Where do you eat lunch at school or work? Who do you eat it with?



Enjoy Your Meal Experience

What is your favourite family tradition? Why?

