

Beyond the Nutrients Conversation Cards

Grade 4

Print the conversation cards, one-sided, then cut out along the solid lines. Laminate to reuse.



Instructions Distribute cards around the perimeter of the classroom. Have students form groups of 2-3. Provide 3 minutes for student groups to discuss a card, then signal students to rotate to the next station. Allow students to discuss as many cards as time allows. Discuss answers as a class.	What flavours do you like - spicy, sweet, salty, tangy?	If you could have dinner with anyone, who would you choose?
What is a food you used to dislike, but now you like?	What is a new food you have tried?	Do you have any food allergies or food restrictions?
If you could have one food every day, what would it be?	What do you talk about with others when eating a meal together?	What is a food you want to learn how to cook?

What is the most unusual food you have ever had?	What is a food you can prepare by yourself?	Who usually prepares your meals? What is your favourite meal that they make?
Do you generally like foods that are hot or cold?	What is a food that you love the smell of?	What is your favourite family tradition that involves food?
What is a food you eat to celebrate a specific holiday?	How can you tell when your body feels hungry?	What is your favourite drink?