

Questions for Caregiver Discussion

Print out and cut the questions into strips. Place the strips in a bowl or face down on the table for caregivers to take. Have caregivers volunteer to read their question and start the discussion.

Share some lessons your child has learned from cooking with you.

What are the benefits of children helping in the kitchen?

How have you succeeded in having your child try new foods?

What are some good ways to introduce healthy foods to your child's diet?

Do you know if your child's school requires masks? What challenges have you had in teaching your child to use a mask?

What are some ways to encourage kids to be more active?

Can you think of any games or activities that have helped your child develop skills?