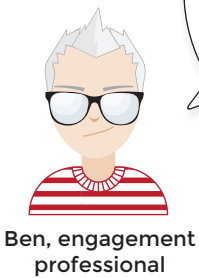


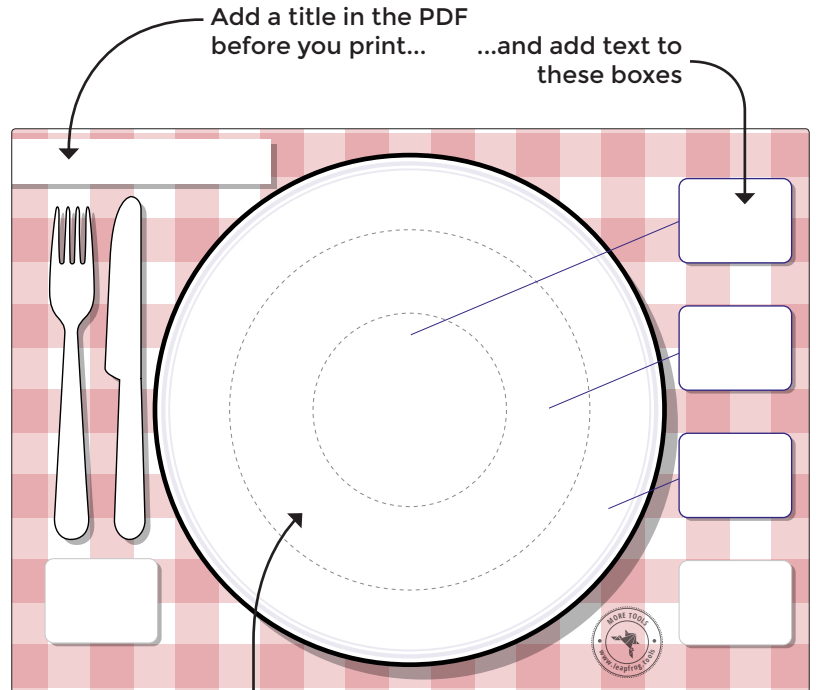
Dinner Plates

A playful placemat for talking about food together.



This tool is really versatile. It can be used in groups or 1-1 to have conversations with all age groups on any topic, from food, feelings and mental health to past, present and future.

This is good for talking to young people as it's easy to understand. They can draw pictures or emojis onto the tool if they prefer instead of writing.



Add a title in the PDF before you print...

...and add text to these boxes

These three circles can be used with 3 prompts, like:

Everyday
Sometimes
Never

Suggestions for use...

Food in a Day

- Turn the circles into a clock to explore what people eat at different times.
- Get people talking about how satisfied or hungry they felt after each meal.



Share your #foodstories

If these tools work for you, please share a photo or a message on Instagram, Twitter, or email

Exploring Perceptions

- Work with a group on a giant Dinner Plate to explore what foods people think of as good or bad foods.
- Ask the group to look at what's been written in each circle and explore perceptions together.

Combo Mode

- Try using the Talking Food Card Deck with the Dinner Plates tool (available free from: www.leapfrog.tools).
- Interlink the two tools to empower people to pick which question cards they want to answer by placing the questions they want to answer in the right hand boxes.