



Strategy #6: Good \_\_\_\_\_ Served on the Table

\_\_\_\_\_ Value

Kids who share family dinners:

- Are less likely to be overweight
- Are more likely to eat healthy foods
- Perform better academically
- Are less likely to engage in drugs, alcohol, and sex
- Have better relationships with parents

Resource: *101 Conversation Starters for Families* by Dr. Gary Chapman and Ramon Presson

James 1:19 (NIV) “My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.”

Demonstrate \_\_\_\_\_.

\_\_\_\_\_ Value

Genesis 1:29 (NIV) – “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.”

How many screen free family meals do you have per week?

How many times per week do you eat fast food?

What nutritious food will you add this week?