

FIT CARD

SPECIAL OCCASION

What Dad Does

Best Use

As a mealtime discussion activity celebrating Dad's role

Nutritional Value

A fun way to show how/what dad sacrifices for the family

Advance Preparation

Before the meal ask Dad to secretly complete the questionnaire about him. Seal his answers in a top-secret envelope to reveal at the end of the meal.

Serve It Up

At the start of the meal give each person a copy of the questions on the reverse in order to guess Dad's answers. During the meal have each person share his/her answers to each question. Ask Dad to reveal his responses. Each person earns a point for every matched answer. Celebrate the highest score by taking the family on an all-expense paid trip to get ice-cream (or cookies) with Dad!

What Dad Prefers

Which would Dad prefer to do tomorrow?

- | | | |
|---|-----------|---|
| <input type="checkbox"/> Sleep in late | <i>or</i> | <input type="checkbox"/> Wake up early |
| <input type="checkbox"/> Play golf | <i>or</i> | <input type="checkbox"/> Go to work |
| <input type="checkbox"/> Drive a convertible | <i>or</i> | <input type="checkbox"/> Drive a family car |
| <input type="checkbox"/> Go fishing | <i>or</i> | <input type="checkbox"/> Do yard work |
| <input type="checkbox"/> Watch the game | <i>or</i> | <input type="checkbox"/> Help with homework |
| <input type="checkbox"/> Kiss Mom | <i>or</i> | <input type="checkbox"/> Bathe the kids |
| <input type="checkbox"/> Buy a motorcycle | <i>or</i> | <input type="checkbox"/> Pay for kid's clothes |
| <input type="checkbox"/> Rent an action film | <i>or</i> | <input type="checkbox"/> See a "chick flick" |
| <input type="checkbox"/> Relax with the paper | <i>or</i> | <input type="checkbox"/> Fix a broken appliance |

What Dad Does

Which of the following does Dad do most often?

- | | | |
|---|-----------|---|
| <input type="checkbox"/> Sleep in late | <i>or</i> | <input type="checkbox"/> Wake up early |
| <input type="checkbox"/> Play golf | <i>or</i> | <input type="checkbox"/> Go to work |
| <input type="checkbox"/> Drive a convertible | <i>or</i> | <input type="checkbox"/> Drive a family car |
| <input type="checkbox"/> Go fishing | <i>or</i> | <input type="checkbox"/> Do yard work |
| <input type="checkbox"/> Watch the game | <i>or</i> | <input type="checkbox"/> Help with homework |
| <input type="checkbox"/> Kiss Mom | <i>or</i> | <input type="checkbox"/> Bathe the kids |
| <input type="checkbox"/> Buy a motorcycle | <i>or</i> | <input type="checkbox"/> Pay for kid's clothes |
| <input type="checkbox"/> Rent an action film | <i>or</i> | <input type="checkbox"/> See a "chick flick" |
| <input type="checkbox"/> Relax with the paper | <i>or</i> | <input type="checkbox"/> Fix a broken appliance |

See who best matched Dad's answers!



Family Life

www.fbc-midland.org