

LET'S TALK ABOUT FOOD

LET'S LOOK FOR GREEN VEGETABLES.

WHAT'S IN THE FRIDGE?

WHAT COLOR ARE YOUR FRUITS?

WHAT'S YOUR FAVORITE MEAL?

LET'S MAKE A GROCERY LIST.

ABOUT

WHAT ARE THE INGREDIENTS?



TALKING IS TEACHING.ORG

TALKING IS TEACHING.

TALK READ SING



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GREAT START COLLABORATIVE
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MEAL TIME IS TALK TIME

FAMILY CONVERSATION TIPS



Good nutrition combined with language-rich activities like talking, reading and singing supports children's early brain and language development. When you talk with your children about nutritious foods, you're helping to build both their vocabulary and healthy eating habits!

Here are some tips on how to make the most of everyday moments—like grocery shopping and meal time—by talking, reading, and singing about healthy foods throughout the day:

TALK ABOUT HEALTHY FOODS

Share fun conversations during meal and snack time.

- Use words like “sweet, creamy, crunchy” to describe how food feels, tastes and smells.
- Count or compare the different shapes and sizes of food. Ask, “How many strawberries are on your plate?” or “Which apple is bigger? Biggest?” This supports your child's early math skills.
- Where does food come from? Talk about how different types of food, like bananas or apples, grow.
- Make up fun food rhymes like *banana, zanana, fanana!*

READ TOGETHER EVERY DAY

It's never too early to read with your baby.

- Read words you see around you at the grocery store or farmer's market.
- Read books about food on the way to and from grocery shopping.
- At bedtime, cuddle and read books related to your culture and the food you eat.

SING FUN FOOD SONGS

Singing can help get your child excited about healthy foods.

- Have a fun, healthy food sing-along with your baby! You can sing songs like “Fruit Salad” or “Apples and Bananas.”
- While cooking with your child, make up a fun song about the ingredients you're using to cook.
- Sing about the benefits of eating fruits and vegetable. For example, “Carrots are good for your eyes!”



FOR MORE TIPS AND INFORMATION, VISIT KALAMAZOOGSC.ORG.



#TALKINGISTEACHINGTIPS CALENDAR



Talk, read, and sing with your children every day! Simple interactions like the ones below can help boost children's brain and language development, setting them up for success in school and beyond. Please share photos of your family talking, reading, and singing using the hashtag #TalkingIsTeachingTips.

1 Help your child learn simple math concepts like measurement by reading and following recipes together to prepare a snack or meal. Use words like "half" or "full."

2 Talk about healthy foods! Describe the foods that you and your baby eat. For example, "these peppers are red and shiny," or "These carrots are yummy and crunch!"

3 Play "I-Spy" while you look for fresh fruits and vegetables. You can say, "I spy something long, smooth, and purple. An eggplant!" Then say, "What do you spy?"

4 During meal or snack time, ask your child questions like: "How many carrots are on your plate?" or "Which apple is bigger? Biggest?"

5 Let's have a healthy food sing-along! Have fun with your baby while you sing food songs like "Fruit Salad" or "Apples and Bananas" together.

6 At the grocery store or during meal times, make fun food rhymes like "Banana, fanana, zanana!"

7 During meals, share conversations about your day. This can strengthen your bond with your baby and build his/her self-esteem.

8 Ask questions about your child's art. You can say, "I noticed you used the color blue. Why?"

9 Laughing is an important part of learning! Play fun games like "peek-a-boo" or sing funny nursery rhymes.

10 Talk with your baby about his day! Ask them what he did, how he felt, and what he wants to do tomorrow!

11 Your baby loves to hear your voice. Talk, read, and sing together every day.

12 When you go on a walk with your baby, count the trees, leaves, cars, or animals that you see.

13 Use colors to express feelings! Encourage your child to scribble or draw a picture using colors to show how he is feeling.

14 At the grocery store, give your baby an apple to hold in each hand. Ask, "Which is heavier? Which is lighter?"

15 Cuddle and share a story about your childhood. It's a great way to bond with your baby.

16 During bath time, use words like "sink" or "float" to help your child experiment and learn new words.

17 Celebrate the things that make your child unique! Create a song with your little one about what makes her special, and sing it together.

18 Have fun pretending to move and sound like different animals. "Ribbit and hop like a frog" or "chirp and flap your wings like a bird"!

19 Turn on your baby's favorite songs and move your bodies as you dance together!

20 Talk with your child in your native language. Speaking together in two or more language builds your baby's brain.

21 Go on a number hunt! Take turns pointing to and naming the numbers you see on signs, in books, or at the store!

22 Talk with your child about the weather each day! What do they see in the sky when it is sunny, cloudy, or rainy?

23 Practice saying and spelling your child's name with them! Write it out and trace the letters together, or spell out their name in a song!

24 Talk about your job or workers you see out and about! What is the construction worker building? How does a firefighter help people?

25 Play "I-Spy" by taking turns naming and describing the things you each see. Say, "I spy with my little eye...a big red truck. You?"

26 Talk about water on a rainy or snowy day! What does water feel like? Taste like? Sound like?

27 Have fun pretending to move and sound like different animals. "Ribbit and hop like a frog" or "chirp and flap your wings like a bird"!

28 Use your senses to explore the environment around you! What do you see? Hear? Smell?

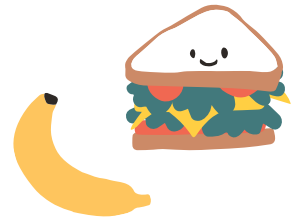
29 Use words to describe time with your child as you do different activities. Was the walk long or short? Do you like long walks or quick walks?

30 Have fun finding things of different sizes and using words to describe them. Ask, "Can we find something Tiny? humongous?"



LET'S TALK, READ AND SING ABOUT FOOD!

BOOK AND VIDEO RECOMMENDATIONS FOR YOUNG CHILDREN

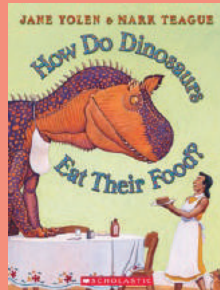


BOOKS

How do Dinosaurs Eat Their Food

By: Jane Yolen

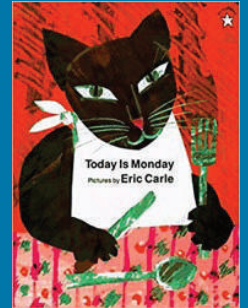
Children as well as dinosaurs often have trouble with good table manners, however this book will help them learn!



Today is Monday

Pictures by: Eric Carle

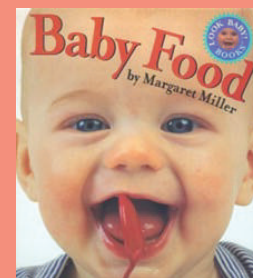
Young children will enjoy these verses as animals parade, munching on favorite dishes, and introducing the names of the days of the week.



Dragons Love Tacos

By: Adam Rubin

Children and adults alike will enjoy this delightful book about throwing a taco party for dragons and what happens if you feed them spicy salsa!



Baby Food

By: Margaret Miller

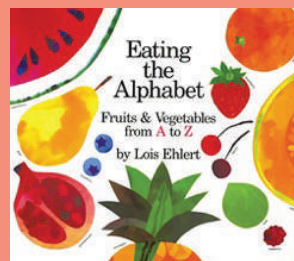
Babies will love this board book featuring photos of babies at mealtime with

their favorite foods including bananas, crackers and more!

Eating the Alphabet Fruits and Vegetables from A to Z

By: Lois Ehlert

Children will learn letters and new names for fruits and vegetables as they explore this fun and colorful alphabet book.



VIDEO



Introduce math to your child during everyday activities!

Mealtime is a perfect time to introduce early math concepts like counting! Say, "Let's put all the oranges in one pile and your apples in another. Now, let's count how many fruit there are all together."

Find more fun math activities that you can with your child anywhere at: <http://talkingisteaching.org/resources/highlights-guide>

For more tips and information, please visit: www.KalamazooGSC.org