

# Talking about food

Ask your child questions about food:

- What color is it?
- How does that taste?
- How does it smell?
- What do you like the best?





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To help your child succeed, you can:

- Talk about how food tastes, smells and feels.
- Ask your child simple questions about his/her food (Does your cookie taste sweet?).
- Do this activity when you and your child are cooking in the kitchen.



To make this activity more challenging, you can:

- Encourage your child to describe food with more than one word (orange, juicy and sour).
- Have your child practice counting raisins and nuts and comparing sizes (big, little) and quantities (more, less).
- Ask your child harder questions about food (Is an apple a fruit or a vegetable? What else tastes sweet?).
- Talk about where foods come from and how they are made.