

Let your preschooler's everyday activities

# POP

with literacy-learning POWER!

## MEALS AND SNACKS

Ask your child to name and describe what he is eating. Is it sweet, salty, or spicy? Is it hot, warm, cool, or cold? Smooth or crunchy?

You name the foods you're eating, describing their colors, tastes, and shapes.

Talk about how food is grown and where it comes from.

Ask open-ended questions, about your child's day, such as "What were you building in the sandbox?"

Together make a list of your child's favorite foods.

