

What's on My Plate?

Babies (up to 1 year old)

Talk * Touch * Taste

Try some family food fun

- **Talk to your baby** about the colour, size, texture and taste of food.
- **Sit together** at meal times. Talk about what you're eating.
- **Read picture books** about healthy foods and eating.
- **Say and sing** nursery rhymes about food.



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Babies can build language skills while learning about healthy eating, even before they can eat solid foods and talk. By touching, tasting and talking about healthy foods with babies, you are helping them:

- Learn the sound and rhythm of words.
- Understand that words have meaning.
- Learn new words.
- Get ready to enjoy a variety of healthy foods.
- Have fun with you!

Some board book ideas:

- *Baby Food* by Margaret Miller
- *Eat: a board book about mealtime* by Elizabeth Verdick
- *Eating the Rainbow* by Lois Ehlert
- *The Very Hungry Caterpillar* by Eric Carle
- *Yummy Yucky* by Leslie Patricelli

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