

What's on My Plate?

Preschoolers (3-5 years old)

Talk * Taste * Count * Cook

Try some family food fun

- **Make a grocery shopping** list together.
- **Pretend play** grocery shopping, cooking and eating.
- **Cook together.** Children this age can count, measure, pour, and mix ingredients.
- **Sit and eat together** at snack and meal times, when possible. Your child will watch and imitate your good eating habits.
- **Read picture books** about healthy foods and eating.



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By this age, preschoolers already have experience making decisions about what to eat and how much to eat. By talking about, tasting, counting and cooking healthy foods with preschoolers, you are helping them:

- Learn more words.
- Practice early math and science in the kitchen.
- Try a variety of healthy foods.
- Enjoy eating as a social experience.
- Have fun with you!

These skills are all important for learning to read, write, work with numbers and be healthy.

Some picture books ideas:

- *ABC T-Rex* by Bernard Most
- *Everybody Cooks Rice* by Norah Dooley
- *Green Eggs and Ham* by Dr. Seuss
- *I Will Never Not Eat a Tomato* by Lauren Child
- *Pancakes for Breakfast* by Tomie dePaola

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W: www.decoda.ca
E: info@decoda.ca

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