

# What's on My Plate?

Toddlers (1-2 years old)

Talk \* Touch \* Taste

## Try some family food fun

- Talk with your toddler about the food they are eating.
- Sit and eat together at snack and meal times, when possible. Your child will watch and imitate your good eating habits.
- Pretend play grocery shopping, cooking and eating.
- Read picture books about healthy foods and eating.
- Sing action songs about food.



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**Toddlers are busy using all their senses to learn. By touching, tasting and talking about healthy foods with toddlers, you are helping them:**

- Learn concepts such as size, colour, taste, texture, sound and number.
- Learn new words.
- Try a variety 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 action rhymes and songs to try:**

- Bananas Unite!
- I Am Hungry
- I'm a Little Teapot
- Pat-a-cake
- Toast in the Toaster

For the tunes and lyrics that are new to you, visit the [Jbrary YouTube channel](#) or talk to the children's librarian at your public library.

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