Things to do together

• Recite “Little Miss Muffet” then act it out with your child as Miss Muffet or the spider. Look up the word “curds” and see what it would be called today.
• Make a chart of your child’s favorite foods
• Discuss what makes these foods favorites. Ask your child to describe the foods. Are they sweet? Are they salty? Spicy?
• Create a dinner menu together. Maybe even make menus for the table guests
• When grocery shopping, ask your child to find certain foods for the cart.
• Talk about where certain foods come from. Exactly how do eggs wind up on the shelf at the supermarket?
• Pour out piles of cheerios, dried peas, beans, raisins, peanuts or other foods and count and sort them into piles together

Other Resources
Mommy’s Little Helper Cookbook by Karen Brown