



Food Reading

2 years to 3 years

Objective: The child uses prior knowledge of familiar foods and says their names.

Materials needed:

Real food items (I.e. Cereal boxes, canned goods, boxed goods, drinks or juice boxes, candy wrappers, chips, bagged snacks, ect.)

Procedures:

1. Showing one food item at a time, show your child and ask them what it is.
2. If they do not know, tell them, then ask them to repeat its name after you.
3. Go through as many food items you would like teaching this same way, or until your child no longer shows interest.
4. Let your child explore: If you have empty boxes, cans, containers, or drink jugs (such as coke liters, snack boxes, or milk cartons) set them down on the floor with your child.



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5. Let them explore, play, and learn freely with the empty food items on their own. Watch what they do with the objects, sometimes it will shock you! If you give them containers with lids, show them how to open and close them; or sticking small boxes inside of bigger boxes! (this teaches early math skills of big and small)

6. Have your child tell you what food items they see in the pantry, reading the labels off of boxes, cans, or containers until they no longer show any interest.

Milestones to meet:

The child can make a personal connection to familiar food items they recognize. The child can use their words to name food items they recognize. The child can manipulate big and small items, or opens and closes containers.

Evaluation:

Did this lesson work for your child? Why or why not?