



Food Reading

1 year to 2 years

Objective: The child uses prior knowledge of familiar foods and learns 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 say its name out loud to them.
2. Ask your child to repeat the name of the item after you. (I.e. "Can you say Cheerios?")
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 or milk cartons) set them down on the floor with your child. Build language by



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saying the names of the food items to them, such as a milk carton saying "milk" or a box of cereal saying "cereal" to your child. Ask them to repeat the word.

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, it is amazing to see them try to figure out how to open and close them; you can even show~tell~teach them how to do this too!

6. Visual, hearing, and tactile learning is key at this age.

Milestones to meet:

The child can make a personal connection to familiar food items they recognize. The child tries to repeat words of food items they recognize.

Evaluation:

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