



# In My Lunchbox

## 1 year—2 years

**Objective:** The child is introduced to real and pictures of food that someone may pack to eat for lunch; they use their senses to explore taste.

### **Materials needed:**

In My Lunchbox Picture Cards (printable)

Lunchbox (You can choose to use a Real lunchbox, or the picture of one from the printables sheet)

Real food items: Apple (cut up), Banana, Bread, Juice, Water, Cracker, Yogurt, Cheese, Ham Bits

\*Remember to only use foods that your child is non-allergic too and do not cause a choking hazard.\*

### **Procedures:**

1. Cut out all of the "in my lunchbox" picture cards individually.
2. One at a time, hold up to show your child the food item, and say the name of it to them. Go through until all are shown and said.  
Encourage child to repeat the food words after you have said them and shown pictures.
3. Let your child try some of the real food items listed above.



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Watch to see their reaction, if any, to each.

4. Put each picture card inside the real lunchbox, (or on the picture lunchbox), and sing this fun, short song to your child....

"We have to eat our lunch...our lunch, our lunch"

"We pack the food to eat our lunch, yum yum."

"We have to eat our lunch...our lunch, our lunch"

"We eat it all up... yum, yum, crunch, crunch!"

### **Milestones to meet:**

The child associates pictures of foods they recognize to those they taste and try. The child learns every day food items. The child tries to repeat words after hearing and seeing pictures of them.

### **Evaluation:**

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