



What We Eat

Ages 3 years—4 years

Objective: The child can recognize familiar types of food they eat in their living environment.

Materials needed:

You and Your Child!

Variety of foods that represent your culture or foods that your family typically eats and likes

Learn foods we eat in Spanish [Online](#)

Procedures:

1. Go to your pantry. **Take out five food items that really represent** what you normally eat and/or **what your culture is.**
2. Show these to your child, have them name each. Ask child to tell you what each food is, when shown. Such as showing your child a can of beans, Ask "what is this?" Child should answer: "Beans".
3. If possible, let your child taste test some of the food items. You can use things that are age-appropriate for them to eat.
4. Ask child how the foods taste to them, do they like or not like them? Only use foods they are not allergic too if you allow them to "taste test" them.



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5. **Optional:** Each night of the week, serve (may have to puree some) for dinner food items that represents a **variety of cultures**. **Some cultural examples include:** Spanish rice and beans, tacos, Chinese noodles, Eggrolls, Vegetable Patties, Indian dishes, All American Hotdog, German Potatoes and Sausage, Homemade Tortillas, Lamb, Thai noodles, Spaghetti and Italian Bread with a Salad.

6. You may choose to plan a different cultural meal each night of the week for dinner to eat as a family. Ask child to use words to tell and describe to you what kinds of foods they are eating for the night, to build early language development and capacity.

Milestones to meet:

The child can recognize and name familiar foods in which they eat.

Evaluation:

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