

Speech, Language & Daily Routines

MEALTIME



Ideas to support use of language...

- ☑ Use action words like “scoop”, “serve”, “chew”, “sit”, “cut”, “spill” and “wipe”
- ☑ Use descriptive words like “crunchy”, “spicy”, “soft”, “sweet”, “yummy”, “yucky” and “sticky”
- ☑ Use sequencing words like “first”, “next” and “last”

Ideas to support understanding of language...

- ☑ Talk about food categories (fruits, vegetables, meats, dairy, grains) – For example “Bananas are **fruits**, let’s think of some other **fruits**!”
- ☑ Practice asking and answering wh-questions like “Where do apples grow?”, “What animal makes milk?”, “Which is your favourite food on your plate?”, “What should you do if it’s too hot?”
- ☑ Show the difference between concept words like “big/small”, “hot/cold”, “empty/full”, and “more/less”

Ideas to support speech sounds...

- ☑ Practice “s blend” sounds: spoon, spill, snack, smile, slice, sticky, sweet, slurp, smell



Build on it!

Read or listen to a book:

- “Green Eggs and Ham” by Dr. Seuss
- “The Pigeon Finds a Hot Dog” – Mo Willems
- “The Very Hungry Caterpillar” – Eric Carle

Sing or listen to a song:

- “Apples and Bananas”
- “I am a Pizza”
- “Peanut Butter & Jelly”
- “Dr. Jean’s Banana Dance (The Guacamole Song)”

Play Together:

- Make each other meals with pretend food
- Sort pretend food into foods you each **like** or **don’t like**

