



# What's in a Meal?

Meals are an excellent time to learn and use new words! Name and describe the foods you're eating during family style dining. Define new words and use them frequently to help children understand their meaning.

## Possible vocabulary words:

- ◆ **Texture:** crunchy, soft, creamy
- ◆ **Food names:** carrots, grapes, apples
- ◆ **Table setting items:** fork, spoon
- ◆ **Action words:** help, more, open

**More Support:** Choose one or two words to repeat during the meal.

## Provide Child-Friendly Definitions

"These carrots are so *crunchy*. *Crunchy* foods are hard and might make a loud snapping noise when you bite into them."

"I see you trying to reach for the chicken at the other end of the table. If you say '*help please*', a friend may be able to pass it to you."