



Mindful Munching

During a meal or snack, draw attention to the foods you are eating. Help children to focus on the smell, taste, or look of the food. For example, encourage them to try a bite and describe how it tastes. Provide new words to describe it if they need. “You said the granola is sweet and hard. It is *crunchy* when I bite into it.”

More Support: Narrate the smells, tastes, looks, and textures of foods you eat or of the food children are eating.

Promote All Foods as Attractive, Enjoyable Options

“I have never had that food before. It looks yummy! How does it taste?”

“You have hummus for snack today. What does it look like? How does it smell?”