



## I'm Thinking of a Food

Think of a food and give clues about its taste and texture. Prompt children to guess the food you're describing. For more challenge, let children describe a food for you and the group to guess! Be mindful of focusing on the qualities of foods (i.e., texture, taste, look) rather than presenting foods as "good" or "bad."

### For example:

- ◆ "I'm thinking of a food that's red and juicy. It's round, but I like to cut it into thin slices to put on my sandwich." (tomato)
- ◆ "I'm thinking of a food that's sweet, sometimes sour, and crisp. It grows on a tree, and they can be red, green, or yellow." (apple)

## Present All Foods As Attractive, Enjoyable Options

"That's right! I was thinking of green spinach. I like to blend spinach in my smoothies to help me grow healthy and strong."