

MEAL TIME IS TALK TIME

FAMILY CONVERSATION TIPS



Good nutrition combined with language-rich activities like talking, reading and singing supports children’s early brain and language development. When you talk with your children about nutritious foods, you’re helping to build both their vocabulary and healthy eating habits!

Here are some tips on how to make the most of everyday moments—like grocery shopping and meal time—by talking, reading, and singing about healthy foods throughout the day:

TALK ABOUT HEALTHY FOODS

Share fun conversations during meal and snack time.

- Use words like “sweet, creamy, crunchy” to describe how food feels, tastes and smells.
- Count or compare the different shapes and sizes of food. Ask, “How many strawberries are on your plate?” or “Which apple is bigger? Biggest?” This supports your child’s early math skills.
- Where does food come from? Talk about how different types of food, like bananas or apples, grow.
- Make up fun food rhymes like *banana, zanana, fanana!*

READ TOGETHER EVERY DAY

It’s never too early to read with your baby.

- Read words you see around you at the grocery store or farmer’s market.
- Read books about food on the way to and from grocery shopping.
- At bedtime, cuddle and read books related to your culture and the food you eat.

SING FUN FOOD SONGS

Singing can help get your child excited about healthy foods.

- Have a fun, healthy food sing-along with your baby! You can sing songs like “Fruit Salad” or “Apples and Bananas.”
- While cooking with your child, make up a fun song about the ingredients you’re using to cook.
- Sing about the benefits of eating fruits and vegetable. For example, “Carrots are good for your eyes!”



FOR MORE TIPS AND INFORMATION, VISIT [TALKINGISTEACHING.ORG](https://talkingisteaching.org).

