

Use Books to Offer New Foods

- **Select a children's book that discusses food.**
Children's books often use food as a topic. Your local library will have lots of great books. If your child is part of a child care program, ask your provider for book ideas that are appropriate for your toddler.
- **Your child will enjoy "reading with you."**
Set aside some time during the day that you can read together.
- **Let her turn the pages.** Using a board book will make it easier to turn the pages.
- **Point out the foods in the book.**
 - Ask her to name the food.
 - Talk about the color, the shape.
 - Who is eating the food? Do we eat the food and enjoy it?
 - Offer the food as part of a meal or a snack.

Remember that your toddler may not be interested in reading the next page or the entire book at once. Leave the rest of the book for you and your toddler to enjoy on another day!

Learn to Eat and Enjoy Healthy Foods!

Move and Play with Your Toddler

A book may combine food ideas with animals and animal movements. One example is *Lunch* by Denise Fleming.

If you read this book with your toddler, you can talk about hungry mice and hungry people. You can discuss the variety of foods that the mouse eats (turnip, carrots, corn, peas, berries, grapes, watermelon, etc.). Are these foods that your toddler likes to eat? That you like to eat?

You and your toddler can do these movements together.

Move Like a Mouse!

- Pretend to be mice.
- Run like mice.
- Wiggle like mice.
- Hop like mice.
- Crawl like mice.
- Twitch your whiskers like a mouse.
- Move your tail.
- Nibble like mice.

There are other wonderful children's books that emphasize foods and/or physical movements. Check with your child care program or your local library for more ideas!

Learn, Move, and Have Fun!

