

# Mealtime Fun!



## 5 easy ways to engage your child in mealtime prep:

- 1. When shopping for ingredients at the grocery store, have your child be a detective to help you find 1-2 ingredients!**
- 2. When all the ingredients are in front of your child, describe one and have him/her guess!**  
“Hmm, I am looking for a long, orange, crunchy vegetable! Where can it be?”
- 3. Count the ingredients with your child!**
- 4. Give your child a job: mixing, pouring, giving each person a napkin! When they do their job, give them praise for how helpful they are!**
- 5. Show your child all the ingredients. Put them on a tray in front of your child and label them! Then, tell your child to close your eyes and hide one behind your back! See if you child can guess the missing item! Take turns and let your child hide one next.**