



Literacy Strategies:

An Early Learning Resource



There are many, fun ways to incorporate literacy into daily routines at home. Preparing and sharing a meal together is just one of many routines that can encourage early literacy skills and critical thinking!

Planning Your Meal:

- Choose meals for the week together.
- Discuss what ingredients are needed.
- Help your child write their own grocery list.
- **Suggested Vocabulary to Discuss:** ingredients, recipe, list, menu, nutritious, food groups, and quantity.



Preparing Your Meal:

- Washing hands before handling food can be established in a fun way! Try this song to the tune “If You’re Happy and You Know It.”

Before I touch my food, I wash my hands! Scrub, Scrub!

Before I touch my food, I wash my hands! Scrub, Scrub!

This is what I say when I wash the germs away!

I wash my hands each and every day! Oh, Yeah!

- Help to improve your child’s fine motor skills by safely having them help peel, pour, measure, stir, mash, wash, and spread ingredients!



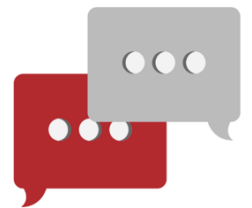
Setting the Table:

- Have your child set the table
 - Place the cup ABOVE the plate
 - Place the fork ON TOP OF the napkin
 - Place something that rhymes with “wish” (dish) on top of the hot pad
- **Suggested Vocabulary to Discuss:** prepositional words - above, below, beside, right, left, on top of, etc.



Conversing:

- Engage in meaningful conversation during meal time!
 - Describe the meal (savory, delicious, juicy, etc.)
 - From where do you think this food came? (tree, animal, vine?)
 - What part of preparing this meal makes you most proud?
 - What was your favorite part of your day? Why?



Clean Up:

- While clearing the table, sing the ABCs or count syllables in different words!
 - Describe the meal (savory, delicious, juicy, etc.)
- Identify beginning sounds in each item cleared off of the table. (Ex: dish, /d/)

