

# Let's Talk at Mealtime



## Trying Foods

- Wow, that smells good. I wonder what that tastes like.
- I like this food because...(it's crunchy, it's sweet).
- Plums are juicy and can be sweet. I think they taste like peaches.



## "Picky" Eating

- It's okay that you didn't want to try that food today. Maybe you will try it again another day.
- I like to smell foods first before I taste them. Do you want to try that?
- How we make our food changes the way it tastes. How does your family make this food?



## Social Development

- I like how nicely you passed that bowl.
- Sometimes we spill or drop our food by mistake. How did you feel when that happened? What can we do right now to help?
- Great job saying "please" and "thank you."