

CONNECT TO THE CLASSROOM

Talk About and Offer Nutritious Foods

During the toddler 2 video, the teacher provides an opportunity for children to investigate information in a fruit and vegetable catalog. The teacher in the video engages the toddlers by:

- showing and labeling pictures of fruits and vegetables
- asking the children if they remember eating fruit for lunch
- using a slow, natural pace as she flips through the gardening catalog

Practice applying the key strategies demonstrated in this interaction on your own:

- Provide engaging books that have colorful pictures of food.
- Talk about nutritious foods and explain how these foods help children grow.
- Encourage toddlers to remember the healthy foods they ate at lunch and snack times.

When you are finished, reflect on the following questions:

1 What foods did you talk about? When did you offer nutritious foods to the children?

2 How did the children respond? What specifically did they do?

3 What was challenging? What were roadblocks to talking about and offering nutritious foods?

4 What could you have done differently to talk about and offer nutritious foods?

