

Ready, set, eat!

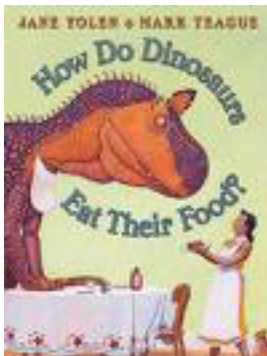
Placemats

Let's play and talk together

- ❖ Invite your child to make a placemat for snacks and mealtimes.
- ❖ Talk about how people get ready for mealtimes—making a table decoration, putting out placemats, choosing which kinds of dishes will be needed, setting each person's place at the table, etc.
- ❖ Talk about other ways people get ready for meals, e.g. washing hands, saying a blessing, etc.



A good read-together book



How Do Dinosaurs Eat Their Food? by Jane Yolen

You will need some large pieces of paper, some coloured markers or crayons, a magazine or flyer with pictures of food in it and some scissors and glue.

This activity will help your child develop a positive attitude towards eating at the table and participating in family meals.

Hints for success

- ❖ Encourage your child to decorate his or her own placemat.
- ❖ Use pictures of healthy foods from grocery flyers or magazines to make colourful placemats.

What colours would you like to use for your placemat?

That placemat will look good on our table!

Ways to say it

More ideas for Placemats

Try this way

- ❖ Make a placemat with your child showing outlines of a plate, a cup and some cutlery. Help your child set the table using the outlines on the placemat as a reminder.
- ❖ Help your child say the name of each item as you match it with the outline on the placemat.

Let's make—a placemat

What you need

- Heavy paper rectangles or ready-made paper placemats
- Crayons, markers or colored pencils
- Colourful pictures, e.g. of your child, some healthy foods, or the season
- Glue and scissors

How to

- Give your child a paper placemat and some art materials.
- Encourage your child to decorate the placemat using imagination and creativity.
- Add your child's name.
- Protect the placemat with clear adhesive plastic.



Language activities

If you have a toddler, play "I can find the...". Put some foods on a plate. Describe one of the foods by its colour, shape or taste. Ask your child to find it. Then ask your toddler to say what it is. If your child does not know the word, say "Yes, that is a red fruit and it is an apple."

If you have a preschooler, play "I eat my... with a" Using a knife, fork, spoon, and chopsticks, ask your preschooler to fill in the words as you say, "I eat my cereal with a _____". Try other foods, like meat, peas, lettuce, rice, sandwich, milk, etc.

Book link

Eat Your Dinner, Please: A Pop-Up Book
by Allia Zobel-Nolan

Safety tip

Make a habit of washing hands before each meal. Sing a song for at least 20 seconds while you are washing.