

At the grocery store

TALK

Use descriptive words to talk about what you see: I love apples. They are crunchy and delicious. Which fruit is your favorite?

Point out signs—Dairy or Deli, for example—and look for letters: B is for banana, baby food, butter and ... READ

SING DRAW

Make up a song about food. "If you're hungry and you know it, eat some

Children can write or draw their own grocery lists and check items off as you shop.



Go on a fruit and vegetable scavenger hunt! Find a food that's round. How about green? Purple? Sour? Soft?



GROCERY List

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