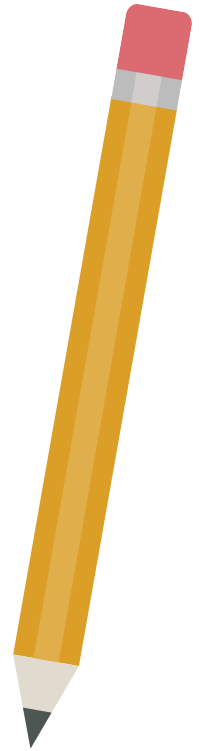




### Dinner Table Talk

Engage in extended conversations at the dinner table. Share stories about your day. After you ask your child a question, follow up with more questions to encourage your child to provide details. Examples:

- What ingredients did we use to make this meal? How did you help me make this? What did we do first? Then what?
- What was your favorite part of school today?
- What was hard for you today at school?
- Tell me about your daily routine at school. What do you do first? Then what do you do?



### Cooking Conversations

- Show your child the recipe and explain that the ingredients are always listed first. What you do with the ingredients is described in the order in which you need to do them.
- Talk about what you are making using cooking terms (for example, one-half cup, two teaspoons) and explain what you are doing while you do it.
- Describe how you measure ingredients using measuring cups and spoons.
- Actively involve your child in each step of the recipe.
- Your child will have many questions. Answer them in complete sentences and provide details.

### Writing in the Kitchen

- Make a grocery list. Plan meals together for the next week and write down what you will need from the grocery store to make them.
- Make to-do lists for errands you need to run or chores you do around the house.
- Make labels for food containers.
- Create a list of important phone numbers and put them on the refrigerator.
- Draw and write birthday cards, invitations, thank you notes, and "just because" notes to neighbors, friends, and loved ones.
- Write your own recipes!