

Ready, set, eat!

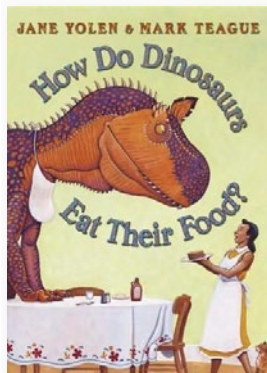
Pouring and serving

Let's play and talk together

- ❖ Help your child practice pouring drinks. Talk with your child as he practices.
- ❖ Mark cups with lines at different levels and practice pouring close to the lines.
- ❖ Wash hands before and after every meal. Sing a song or say a poem for at least 20 seconds while you wash, e.g. **Happy Birthday**, **Twinkle Twinkle Little Star** or the **Alphabet Song**.
- ❖ Practice table talk and manners while you have a snack together.



A good read-together book



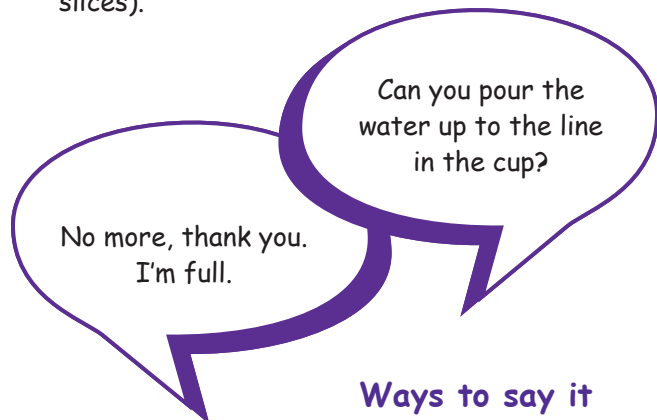
How Do Dinosaurs Eat Their Food? by Jane Yolen

You will need containers and water or sand to practice pouring.

This activity develops fine motor skills. It also helps children learn to serve themselves and to practice table talk and manners.

Hints for success

- ❖ Practice pouring during bath time using water, plastic cups and pitchers. Let your child play in her own way.
- ❖ Practice pouring sand in the sandbox or use a dishpan filled with sand.
- ❖ Encourage children to serve themselves at meals and snack time with foods that are okay to spill (e.g. dry cereal, shredded cheese, fruit slices).



Ways to say it

More ideas for Ready, set, eat! Pouring and serving

Try this way

- ❖ Add some sponges to the bath when practicing pouring. Talk about how the sponges soak up water and show your child how to wring them out.
- ❖ Learn some other songs or poems to say while you wash your hands.
- ❖ Sit down with your child for snacks as well as meals, to show that eating can be a time to enjoy one another's company.

Language development

Table manners go together naturally with serving and pouring. This is an excellent time for your child to learn and practice the right words to say.

Physical activity

Encourage children to practice pouring and serving while playing. This will help them be successful at meals and snack time.

Book link

How Are You Peeling? Foods with Moods
by Saxton Freymann and Joost Elffers



Oh, Before I Eat My Meals

(Sung to the tune of
If You're Happy and You Know It)

Oh, before I eat my meals, I wash my hands,
(scrub, scrub)

Oh, before I eat my meals, I wash my hands,
(scrub, scrub)

Oh, it's very smart I think,
Sends those germs right down the sink.
Oh, before I eat my meals, I wash my hands.
(scrub, scrub)

Oh, before I eat my meals, I pass the food,
(pass the plate)

Oh, before I eat my meals, I pass the food,
(pass the plate)

'Cause we know it's only fair
For us all to have our share
Oh, before I eat my meals, I pass the food.

Author unknown

Safety tip

Use unbreakable utensils and serving dishes for practicing pouring and serving.