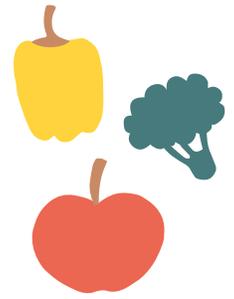


MUNCH! CRUNCH! SNACKS & LUNCH FAMILY FUN DAYS

TIPS FOR BOOK DISTRIBUTION & READ-ALOUD EVENTS WITH CHILDREN AND FAMILIES

Good nutrition is essential for brain development. So are activities like talking, reading, and singing. Books like *Munch! Crunch! Snacks & Lunch* are the perfect way to promote both at the same time. It was written to help children and parents find fun ways to prepare, think, and talk about healthy snacks. This tip sheet will help you guide families to use the book in promoting healthy practices for the brain and body!



PLAN YOUR EVENT

1. Choose a time and place.
2. Invite families.
3. Schedule your program, including a read-aloud and hands-on activity.
4. Set up your space with any props, healthy snacks, giveaways, or handouts.

ON THE DAY OF YOUR EVENT

Introduce the Book

Display the book. Share that books can get babies and toddlers excited about healthy eating by:

- Exposing them to a variety of nutritious foods;
- Sparking interest in the ways foods grow and where they come from;
- Offering examples of healthy cooking and family mealtimes.

Read Aloud

Read the book aloud to model the best ways to use it with children. Have families follow in their copy or use a projector.

- Read with enthusiasm. Ask children open-ended questions as you go.
- Talk about the snack and each ingredient used.
- **Reading with infants:** Point to a food. Excitedly talk about its name, color, shape, taste. Use lots of rich vocabulary to describe what you see.
Reading with toddlers: Point to a food. Ask questions, such as *What's that? What color is it? What do you think it tastes like? Which one do you want to try?*
- After you finish, talk about your favorite foods in the book. Explain why you like them. For example *Bell pepper is my favorite because it's SO crunchy!*

Activity Time

After reading, share an activity. Divide large groups into infants and toddlers, or smaller, manageable groups.

Supplies: a tray/box, several fruits and several vegetables
Note: Avoid allergens (such as strawberries) or choking hazards (such as whole grapes). Let caregivers know which foods will be used before you start.

For toddlers: Mix up fruits and vegetables and place them on a tray or in an open box. Sort them in different ways with help from toddlers. Ask questions such as *Which ones are green/red/yellow? Which ones are fruits? Vegetables? Let's find all of the bumpy ones. Can you help me find the smooth ones?*

For infants: Give a fruit or vegetable to an infant to touch as you talk about the shape, color, texture, and taste. Repeat with each child, or let caregivers or volunteers continue.

For parents: As children wind down, ask parents to think of some fun, unique ways to prepare common snacks. Challenge them to give their idea a creative name. You might offer a prize for the most inventive idea.

End the activity by leading a fun, healthy food sing-along, such as "Fruit Salad." For other nutrition themed songs, visit www.talkingisteaching.org/spotify and check out the "Healthy Foods" playlist.

Key Messages for Parents/Caregivers:

- You can do these activities at home, any time, to build children's vocabularies and knowledge of nutrition.
- You can use everyday moments like meal time or shopping time to share conversations, stories, and songs.
- Talking, reading and signing with your children—right from the start—can build their brains and prepare them for success in school and in life.

Handout Idea

For more tips, handouts, and resources to support children's early language development, please visit www.talkingisteaching.org.

BROUGHT TO YOU BY:

