

Let's Talk About Food!
Sample Social Media Posts

LET'S TALK ABOUT FOOD

USE WORDS TO DESCRIBE HOW
FOOD TASTES, FEELS, OR SMELLS.
ASK QUESTIONS LIKE, "WHAT
DOES IT TASTE LIKE? FEEL LIKE?
LOOK LIKE?"



Facebook

When you talk with your children about nutritious foods, you're helping to build both their vocabulary and healthy eating habits! Check out our "Meal Time is Talk Time" resources to learn more:
<http://talkingisteaching.org/mealtime>

Everyday places like the kitchen, dining room, or grocery store can be wonderful spaces to teach your child early math skills like counting and measurement. Learn how you can turn meal time into talk time with our early math tip sheet: <http://talkingisteaching.org/assets/general/whats-big-small.pdf>

Twitter

Let's rhyme! Make fun food rhymes with your little one, like "banana fanana!" #TalkingIsTeaching #MealTimeTalkTime [Meal Time Talk Time Graphic]

#DYK? Good nutrition combined with language-rich activities like talking, reading, and singing supports children's early brain and language development! #TalkingIsTeaching #MealTimeTalkTime