Lunch Letters: Supporting Resources

Description
Mealtime is full of opportunities to learn about words and letters.

Book Suggestions
The Very Hungry Caterpillar by Eric Carle
Chicka Chicka Boom Boom by Bill Martin Jr. and John Archambault
How Are You Peeling? By Saxton Freymann and Joost Elffers
Eating the Alphabet: Fruits & Vegetables from A to Z by Lois Ehlert
Gregory the Terrible Eater by Mitchell Sharmat

More Ideas to Try (articles and resources)
- Reading Activities at Mealtimes http://www.pbs.org/parents/education/reading-language/reading-activities/reading-activities-at-mealtime/
- Seven Tips for Early Literacy Learning: From Knowing Your ABCs to Learning to Read http://www.pbs.org/parents/education/reading-language/reading-tips/learning-to-read/
- All Aboard! It’s a Dino Breakfast http://www.pbs.org/parents/dinosaurtrain/activities/all-aboard-its-a-dino-breakfast/

Discussion Questions
In the video clip, Elliott and his mom make a letter sandwich for lunch. What are some other ideas you can think of for incorporating letter learning into mealtime?

What was mealtime like for you as a child? What is mealtime like for your family today?

Having conversation during mealtime is a great way to build language skills. What are some things you and your child like to talk about at mealtime?

Making mealtime fun can help picky eaters relax and enjoy their eating experience. What games and activities you have you used to help your child become more comfortable at the table?

Visit tpt.org/learn for more tips and resources.