

Feed Me: Guess the Ingredient

Primary Objectives

Language 10a, “Engages in conversations”

Cognitive 11e, “Shows flexibility and inventiveness in thinking”

Literacy 15b, “Notifies and discriminates alliteration”

Materials

Ingredients for what you are making with your child

Why It's Important

Children enjoy guessing games as much as they enjoy silly, nonsensical words and rhymes. This activity provides an opportunity to do both. It promotes your child's development of phonological awareness as she figures out what food items you are talking about.

When

Mealtimes and snack times



What You Do

1. Invite your child to help you prepare a meal. As you discuss what you will be making, create nonsense words by replacing or adding to the initial sound of the word with a different letter sound.

“We’re going to make masghetti and speatballs for dinner.”
2. Let your child know that there are many ingredients for *masghetti* and *speatballs*. You will need his help to get all of them, but it might be a little tricky because you’re going to use some silly words.
3. Ask them to guess the real name of each ingredient you say.
“We need”
 - 1 bonion
 - Box of wasta
 - 1 can of somato tauce
 - Pinch of malt
 - Preen gepper”

Extend this experience

Ask your child if she can come up with words for you to guess. At dinner get other family members to join in the fun.