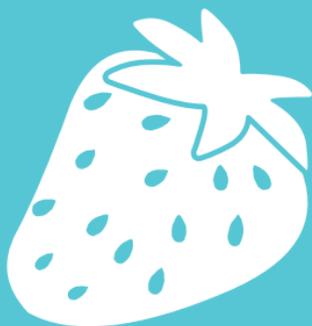


Mealtime Conversation Cards



ello

Everyday Language &
Learning Opportunities

How to use the cards:

Use these cards as a starting point for continued conversations around your home and in community spaces. The front of the card suggests simple vocabulary words to use with infants and toddlers. Vocabulary words can be used while labeling or talking about what's around you. The back of the card has some open-ended questions to promote more advanced conversation with older preschool aged children.

Tips for conversations with children:

1. **QUESTION** Start with an open-ended (how, why, what) question that needs more than a one word answer. This helps to get children talking.
2. **REPEAT** Repeat what the child has said to reinforce their response.
3. **STRETCH** Build on the child's response with a longer sentence to build vocabulary.
4. **TALK+** Continue to talk with the child by going back and starting with another question. You can continue the process of a Question, Repeat, and Stretch creating a conversation.
5. **HAVE FUN** Conversations are a great way to connect and build vocabulary.



Let's talk about routines...

first, then,
next, after,
before



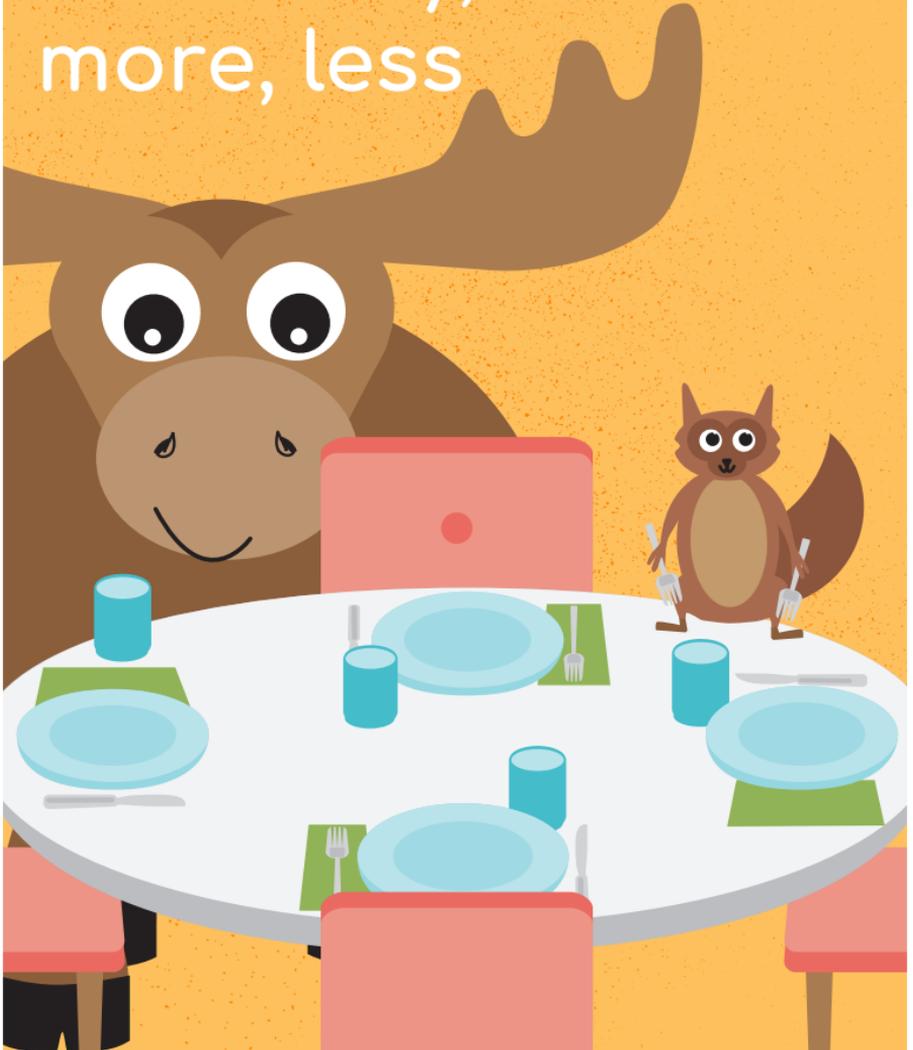
Let's talk about our mealtime routines...

- What happens first?
- What happens in the middle?
- What happens last?
- How are our routines the same or different at breakfast, lunch, dinner, and snack time?



Let's talk about counting
and comparing...

how many,
more, less



Let's count and compare...

How many...

- Plates?
- Forks?
- Knives?
- Glasses?

Which is the..

- Biggest?
- Smallest?

Let's arrange them
by size!

Let's talk about shapes...

circles, triangles,
rectangles



Let's talk about
the shapes of
the food we are
eating...

- What shapes do you see?
- How many different shapes can you spy?
- How can you change a shape with a bite?



Let's talk about estimating...

how many, how
long, where, when



Let's estimate...

- How many bites until you finish your meal?
- Estimate how many bites are left.

Let's count...

- Count your bites as you take them.
- Record your data!

Let's evaluate...

- What was the final number of bites it took to finish?
- Were the number of bites less or more than your estimation?



Let's talk about placement...

above, below, next
to, under, behind



Happiness
is
Cooking
Together



Let's talk about our observations...

- Who or what is next to you?
- What is above you?
- What is across from you?
- What is between you and someone else?



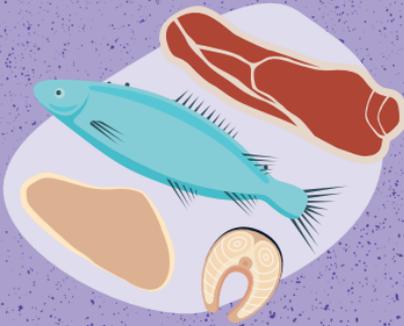
Let's match...

one for you,
one for me



Let's talk about matching and portions...

- How many portions of food do we need?
- How can we serve our food in equal amounts?
- Will there be leftovers?
- How do we know?



Let's talk
about classifying things...

some
different



Let's classify the foods we eat...

- How many categories can we create?
- How many items are in each category?
- Which category has more items?
- Which has the least?

Let's pick one item from
each category and
make up a new meal...

- Who might enjoy this meal?
- What makes a healthy meal?



Let's describe...

long, narrow, wide,
slender, short, round



Let's describe the food we see...

- Tell me about the different kinds of vegetables you see.
- Tell me about foods with grains that you see.
- What are characteristics of fruits?
- How can fruits and vegetables look the same but also different?

Describe the items on your plate...

- Which food is the shortest?
- Which is the longest?
- Which food is the widest?
- Which is the most slender?



Mealtimes are filled with
Everyday Language and
Math Learning Opportunities.



Visit our website
for additional resources.

The logo consists of the word "ello" in a white, lowercase, sans-serif font, centered within a light teal speech bubble shape. The background of the entire page is a darker teal with a fine, white, stippled texture.

ello

Everyday Language &
Learning Opportunities



helloello.org