



**Families are  
Children's  
First  
Teachers**

## **When You Go Shopping for Food**

### ***Learning Opportunities Include:***

- Matching, sorting, and categorizing
- Communicating with others
- Counting
- Writing



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**Make your child a special helper as you shop together.**

***Talk with your child, showing her the foods you are buying.***

Your toddler or preschooler can help you find foods, placing light boxes and small items in the cart, and counting as he does so. You and he can talk about when you'll be eating the cereal or the hamburgers. Talk about your favorite fruit or flavor of ice cream.

A toddler can carry a grocery list. Cut out pictures of a few foods from your grocery store's advertisement pages. Then, give your young one the responsibility for finding those foods as you walk around the store.

With your help, your preschooler can draw or write a list of a few items. Have the grocery ad handy so he can see the pictures of carrots, apples, and bread. Write the words for him so he can copy them if he's ready and able to do so. Then, have him place those items in the cart as you find them in the store and ask him to check them off his list.

**Children like to be helpful and can handle simple responsibilities.** By making them your helper, you'll get the task of grocery shopping done more easily and help them learn more about foods in the process! Ask them to recognize symbols on packages, help you "read" labels. Ask "Where are the Cheerios@?"



Download the "**Families are Children's First Teachers**" materials and related documents at [www.newmexicokids.org](http://www.newmexicokids.org) under the Caregivers & Educators tab.

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