



## 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 Mealtime <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/>
- Fun with Food <http://www.pbs.org/parents/food-and-fitness/eat-smart/fun-with-food/>
- 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](http://tpt.org/learn) for more tips and resources.