

Groceries & Language

Chores are a great way for children to learn responsibility. They are also a great way to develop language skills.



Negation (not, doesn't): Pretend to put the groceries away in the wrong place, then talk about it. "Oh! That doesn't go in the fridge!" It is important for children to see that everyone makes mistakes, you can try again & fix it.

Play "I spy": Describe food & have your child try to find it. E.g. "I'm looking for a vegetable that is small, round & green" Also your child can give out the clues.

Prepositions (e.g. in, on, top, beside): Talk about where the food goes when putting it away or have your child tell you. E.g. "It goes in the fridge on the top shelf."

Following Directions: Make a game out of putting the groceries away. You can keep it serious, e.g. "take the lettuce & the cucumbers, then put them away." Or you can make it silly, e.g. "take 5 apples, hop to the fridge & put them away." An alternative is to have your child give you the directions.

Together: This is another way of talking about where food goes & a great way for talking about categories. E.g. "The beans all go together."

Build pre-reading skills: Have your child help you make your grocery list. Cut out or have them do it, pictures from flyers & glue them on a page. Add written words to the pictures. Have your check them off your list. An alternative is to make a list of food they need to put away.

Same and different: This can be an extension to saying if something is together or not. Talk about it how foods are the same & different. Have your child label two foods as same or different or then they pick food out. E.g. "Pick out another food that is same/different."

Try a new food: Let your child pick something new to eat at the store. Talk about how it tastes, if they like it or not & why.

Temperature (cold, frozen, warm, hot): Have your child touch the food (unless it is unsafe) as you say it. You can also have your child say if it is hot, cold warm etc...

Weight (heavy, light): Again have your child hold on to the food as you talk about it. E.g. "Wow! The pasta sauce is heavy. I have to use my big muscles to lift it."

Sort by Category: Have your child sort the food in various ways. E.g. fruits v. vegetables, goes in the fridge v. goes on the shelf.

