



Kindergarten – Grade 2

Focus: Oral language, early reading, vocabulary, confidence

1. Recipe Reader

- Have your child help read or recognize words from a recipe or food package.
- Talk about ingredients, steps, and numbers.
- Ask questions such as:
 - What do you think happens first?
 - What comes next?
 - What do we do last?

2. Dinner Talk Starters

Take turns answering one question at mealtime: - What was the best part of your day? - What is something new you learned today? - If this meal were a story, what would the title be?

3. Letter & Sound Hunt

- Look for letters or sounds on food labels (milk, bread, rice, cereal, etc.).
- Challenge: How many words can you find that start with the same sound?

Rainbow Yogurt Parfaits

Why this works: Counting, colour words, sequencing, oral language

Ingredients

Plain or vanilla yogurt Frozen or fresh fruit (berries, bananas, apples, etc.)

Cereal or granola (optional)

Directions

1. Spoon yogurt into a cup or bowl.
2. Add a layer of fruit.
3. Repeat the layers.
4. Eat and enjoy!

Family Literacy Talk

- What colour comes next?
- How many scoops did we add?
- What should we do first? Next? Last?

Remember: Talking, listening, and sharing ideas helps build strong literacy skills.