Learning Fun for Your Little One

at the grocery store!

• Name the colors you see in the produce section.
• Compare the sizes of the different fruits and vegetables. For instance, a lemon and a grapefruit: which is bigger and which is smaller?
• Find five foods that need to be kept cold.
• Find an example of each food group: dairy, fruits, vegetables, grains, and protein.
• Find a cheese that has holes. What is this cheese called?

Books to read:

• Put It on the List by Kristen Darbyshire
• I Will Never not Ever Eat a Tomato by Lauren Child
• The Very Hungry Caterpillar by Eric Carle
• An Apple Pie for Dinner by Susan VanHecke
• Peeny Butter Fudge by Toni and Slade Morrison
• Zoopa by Gianna Morino