



Words on a Food Package

Look for a flavor and discover how printed words can help.

Helps Your Child Grow



Print and Alphabet Knowledge

Using printed clues to identify a flavor helps your child discover that words can carry information needed to solve a problem.



Fine Motor

Circling a printed flavor word gives your child practice locating a visual target and controlling a drawing tool with hand-eye coordination.

Steps

- Set out two snack packages that look similar but have different flavors, such as strawberry and peach. Ask your child which flavor they would like.
- After they choose, point to the printed flavor word on the package. Say, “Even without the picture, I can tell this is strawberry because the word says ‘strawberry.’” This shows that print can carry useful information.
- Look for another short phrase on the package and explain what it tells you - for example, “This says the snack contains real strawberry juice.”
- Try again with another pair of packages. Ask, “What flavor is this? Where does the package tell us?”
- You can also use drink cartons or cookie packages. Let your child circle the English flavor word or another clear label so they can repeatedly experience print as a source of information.

Tips

- If your child wants to keep playing, ask them to find another picture or word on the package: “Can you find where it says milk?”
- Packages with large print and clear information - such as a flavor or brand name - make the search easier at first.

Observations

- ☐ Reads the words on the package and identifies the snack’s flavor
- ☐ Circles the flavor word on the package with a pen