



I'd Like More Meat

Want more meat? Help your child ask for it.

Helps Your Child Grow



Vocabulary

Naming foods during meals helps your baby connect the words they hear with the foods they see and taste, building everyday vocabulary.

Steps

- Babies often use a look, reach, or sound to say, “I want that.” Use these moments to introduce food names.
- Before the meal, choose one or two foods with short, familiar names, such as “rice” and “meat.” Point and name each one slowly.
- When your baby looks or reaches, put the message into words: “You want rice. Rice.”
- Pause for a response. If they want more, your baby may copy part of the word or make a similar sound.
- Respond to the attempt rather than its accuracy: “Rice! Here’s more rice.”
- Keep naming foods that interest your baby during everyday meals so the words remain connected with a real reason to communicate.

Tips

- Use short, everyday food words such as “meat,” “carrot,” and “rice.” Hearing them often helps your baby understand and begin to imitate them.
- If one food especially interests your baby, add a few words about its name, color, or taste.

Observations

- Attempts to say “meat” to ask for more
- Shows satisfaction after receiving the food they wanted