



A Healthy Order for Every Guest

Let the little chef build a varied meal for each guest's plan.

Helps Your Child Grow



Health, Safety, and Nutrition

Choosing foods for a guest and discussing how different foods support energy, growth, and health helps your child build early awareness of nutrition.



Creativity

Taking an order, preparing pretend food, and presenting the dish gives your child practice developing a shared pretend-play scenario.

Steps

- Use small figures as guests and invite your child to become the chef who prepares a meal for each one.
- The bear might say, "I'm going for a run later. What could I eat?" Let your child choose the meal.
- When the plate arrives, ask about the ingredients: "Why did you choose bread, meat, and cucumber for the bear?"
- If your child is unsure, point to one choice and ask, "Could the bread give the bear energy for running?"
- After they respond, add one simple connection: "Yes, foods like bread give the body energy."
- If the plate contains only one food, let the bear ask, "I have only one kind of food. What else could we add?" Invite your child to make the meal more varied.

Tips

- During real meals, make occasional, simple connections between food and the body, such as, "This rice gives us energy to run and play."
- A short explanation such as "Meat helps my body grow" or "Vegetables help my tummy" is enough to begin the connection.

Observations

- Names one way a food can support the body, such as providing energy
- Pretends to be the chef and serves food to a guest