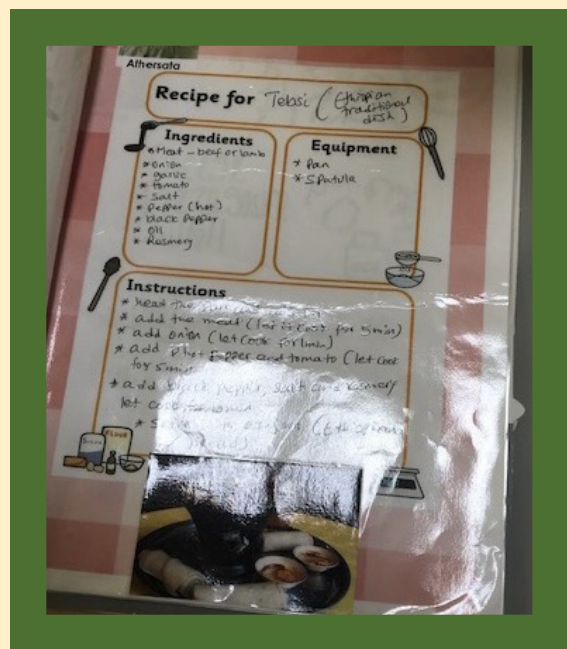
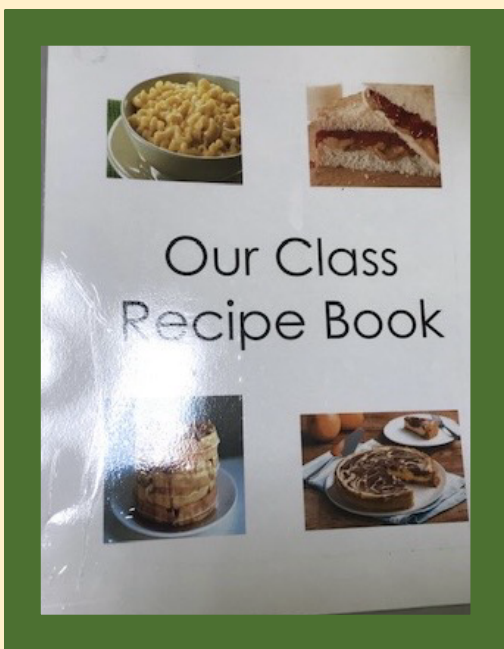


# Tasty Tuesday

## Week of the Young Child

### My Family's Favorite Dish

- Invite families to share simple recipes from their cultural backgrounds
- Adapt recipes to be inclusive (e.g., using large-print recipe cards, picture-based instructions, written in their home language)
- Encourage children to share their recipe with the class and compile pages into a classroom book to be added to the library area or home living center
- Have children work in small groups to prepare dishes with adult supervision
- Discuss the importance of teamwork and how everyone can contribute in different ways



### Sensory Spice Exploration

- Create a sensory bin with various spices in small containers
- Include visual aids and braille labels for spice names
- Encourage children to smell, touch, and describe the spices
- Discuss how different cultures use various spices in their cooking

### Adaptive Utensil Art

- Provide a variety of utensils, including adaptive ones (e.g., large-grip spoons, angled forks)
- Use the utensils to create art with paint on paper plates
- Discuss how different tools can help people eat and create art
- Emphasize that everyone has unique ways of doing things



[Friendship Fruit Salad](#)

[40 Delicious Books about Food for Preschoolers](#)