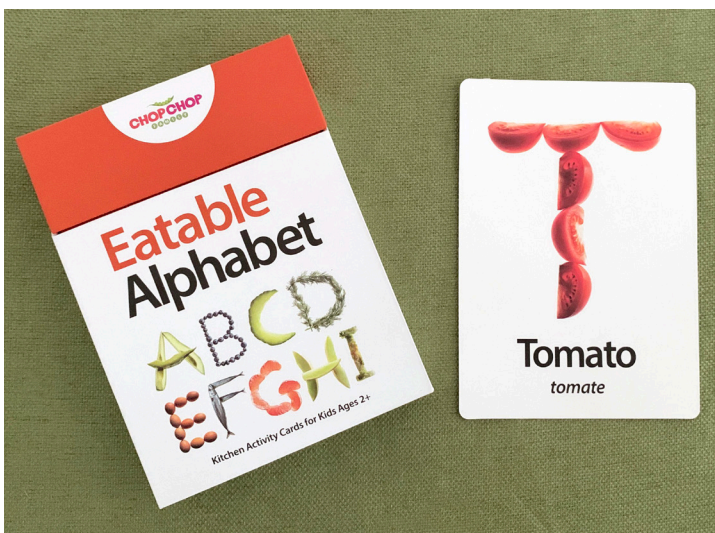


Eatable Alphabet

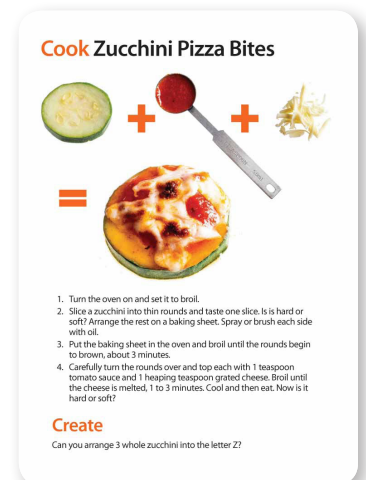
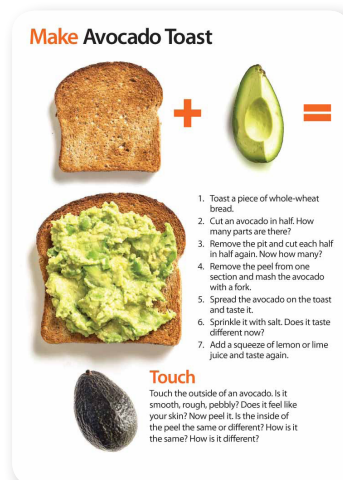
Kitchen Activity Cards for Kids Ages 2+



Developed by ChopChop Family in collaboration with the American Academy of Pediatrics Institute for Healthy Childhood Weight, and with funding from the CDC, **Eatable Alphabet™** teaches kids aged 2–6 that cooking real food is fun.

The cards offer a portable, accessible way to:

- Engage and educate kids
- Cultivate bonding between kids and caregivers
- Promote early nutrition awareness
- Experience the senses (sight, smell, sound, touch, taste)
- Introduce language and food literacy
- Learn counting
- Teach valuable life skills



Three Ways To Use **Eatable** Alphabet

1. **COOK REAL FOOD.** Follow the instructions on the back of a card to make easy snacks.
2. **LEARN THE ALPHABET.** Find the letter that matches the first letter of your name. Can you think of another word that starts with that letter?
3. **USE ALL YOUR SENSES.** What do you see? What does it taste like? How does it feel?

Count

How many sections does the grapefruit have? Are they all the same size?



Move

Can you make an O shape with your mouth? Can you make an O with your arms by putting your hands over your head?

Listen

Cut a wedge of the iceberg lettuce. Be very, very quiet and take a bite. Do you hear a crunch?



Touch

Touch the outside of an avocado. Is it smooth, rough, pebbly? Does it feel like your skin? Now peel it. Is the inside of the peel the same or different? How is it the same? How is it different?

To pre-order Eatable Alphabet (\$16.99) go to www.chopchopfamily.org/eatable-alphabet or contact Stephanie Hurwitz at stephanie@chopchopfamily.org or 617-924-3993



Developed in partnership with



American Academy of Pediatrics
Institute for Healthy
Childhood Weight

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