

IDEAS FOR SCREEN-FREE MEALTIMES



Toddlers (1 to 3 years)



Goals: Encourage attention to food and independence

Ideas & Games:

- Colour Hunt: Ask your toddler to “find something red” on their plate (e.g. tomato).
- Taste Talk: Use simple words —“Sweet or sour?” “Crunchy or soft?”— to build vocabulary.
- Sound Play: Make gentle rhythms with spoons or tap plates to keep little ones engaged while waiting.
- Mini Chef Role: Let them scoop rice, pour soup (with supervision), or place cucumber slices on plates.
- “Who’s Eating What?” Game: Name each family member’s food —“Papa’s rice! Mama’s fish!”— to create focus and laughter.
- Guess the Ingredient or Name that Tune (hummed, not played!)

Tip: Praise curiosity more than finishing food — “I love how you tried that carrot!”