

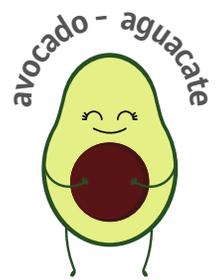
# 10 WAYS TO USE THE EATABLE ALPHABET

The Eatable Alphabet is a set of twenty-six educational cards developed collaboratively with the *American Academy of Pediatrics (AAP)* and funding from the Centers for Disease Control (CDC). Parents, caregivers and educators can promote early nutrition awareness, sensory experience and literacy across a range of subjects that include food, language, math and numbers, geography, and culture.

1. Do a cooking lesson. Follow the Make and Cook sections on the back of a card for simple ingredient snack recipes.



2. Practice Spanish. Each card presents a letter, with a word for a food beginning with that letter shown in both English and Spanish. Give it a go!



3. Explore colors. What's your child's favorite color—yellow, red, green? Pick out all the cards that have a food in that color. Once you've done that, try a different color.



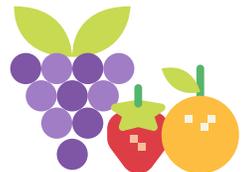
4. Practice spelling. Find the letter that matches the first letter of your child's name. Can your child think of another word that begins with that letter?



5. Get active. Can your child make their body into the shape of the letter Y? Check out the Move section on the back of each card for a range of fun activities.



6. Work with grouping. Can you find 3 round things? Can you find 5 things you've tasted before? The options are endless.



7. Use all five senses. What can you see on each card? What does the food taste like? How does it feel? Try tapping on it—what does it sound like? What does the food smell like?



8. Go shopping. Take the deck to the grocery store with you. You can give your child a couple of cards that feature items from your shopping list. Let them tell you when they see them.



9. Get creative. Can you draw a picture of a banana or a mushroom? Or try tracing over the card.



10. Use your imagination. If you were making a salad, which cards would you put in it? What if you were packing a picnic?



# RESOURCES

Eatable Alphabet cards are a tool to educate about early nutrition awareness. It is an opportunity to be creative and incorporate it into your lessons.

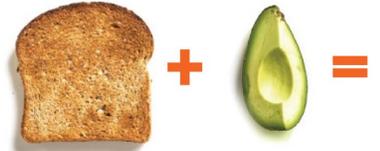
Some organizations, such as the [Free Library of Philadelphia](#) and [NAPS - Virtual Cooking Class](#) have incorporated Eatable Alphabet by including them in cooking classes.

[Action for Healthy Kids](#), [Mom Junction](#) and [Kaplan](#) have some fun ideas to teach children about nutrition.

The following are some additional resources:

- [Chop Chop Recipes, Newsletters and Journal](#)
- [Nutrition.gov - Teens, Parents, Caregivers and Teachers](#)
- [NIH - Nutrition Tools and Resources](#)
- [USFDA - Nutrition Education Resources & Materials](#)
- [USDA NAL - Curricula and Lesson Plans](#)
- [USDA - Heart Healthy Recipes from Around the World](#)
- [MyPlate Kitchen](#)
- [Local Resources - APS, Yes NM, Share NM, WIC, Double Up Bucks, NM.Gov, NM ECECD](#)

## Make Avocado Toast



1. Toast a piece of whole-wheat bread.
2. Cut an avocado in half. How many parts are there?
3. Remove the pit and cut each half in half again. Now how many?
4. Remove the peel from one section and mash the avocado with a fork.
5. Spread the avocado on the toast and taste it.
6. Sprinkle it with salt. Does it taste different now?
7. Add a squeeze of lemon or lime juice and taste again.



## 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?



Use this space to jot down other ideas:

For more information about School-Based Health Centers (SBHCs) statewide, go to [nmasbhc.org](http://nmasbhc.org).