

It's okay to be messy when I eat.

Sometimes it gets messy when I eat, but that's okay.

I can use a spoon to eat my food.

I can use a fork to eat my food.

Look at me! I am feeding myself.

I can feed myself using my hands.

I can use my teeth to bite the food.

I can share my food.

I can touch my food with my fingers.

Making breakfast is fun.

I like to cook!

I like to help in the kitchen!

Everybody clean up!

It's fun to eat with friends!

My family eats together!

I like to eat with my family!

I like to drink from a cup!

I like to drink with a straw!

It's my birthday!

Happy Birthday!

I like to eat with my friends.

It is fun to eat with friends.

I can feed myself with my fingers and a spoon.

Macaroni and cheese is my favorite.

I can hold my own cup and drink milk and juice.

I can chew with my big, strong teeth.

Sometimes I don't like the way food feels in my mouth.

I can drink from an open cup with help.

Sometimes I forget to chew.

I like to smell new foods to learn about them.

I can use my tongue to move food to my strong teeth to chew.

I work on chewing foods into little pieces to swallow.

I work on moving food to my strong teeth to chew and swallow.

I can take bites of food.

Sometimes I keep food in the front of my mouth.

I can move food from the front of my mouth to my strong teeth to chew.

I can sit at the table!

I taste smooth and squishy foods with my lips and tongue and chew them with strong teeth.

Touching food is a good way to learn about it.

I can smell my food.

I can lick my food.

I did it!

I can take a bite of new foods offered to me.

I can open my lunchbox at lunchtime.

I can take a small taste of new foods.

I can take a mouse bite.

I can see my big, strong teeth in this picture.

I can make my own sandwich.