

It's Mealtime!

What does your body tell you?



I am hungry and ready to eat.



Let's explore the food on our plates!
What do you see, smell, hear, touch, and taste?



I don't think I'm ready to taste the beans.
That's fine, maybe next time.



I still have room in my stomach
so I am going to eat some more broccoli.



I am really enjoying my meal.
I love how crunchy the carrots are
and the egg tastes delicious!



My stomach feels full so I am going to stop eating.