Sam Can Feed Himself!

Pre-reading

Questions:
- What do you know about toddlers?
- How would you describe them?

Definitions:
- Toddler – a young child between the ages of 13 months and 36 months
- Explore – to learn about unknown places or things

Reading

Sam is 16 months old. He is a very busy boy! Like other toddlers his age, Sam is learning to be independent. He wants to do more things for himself. He feels proud when he learns a new task. One thing Sam loves to do is feed himself.

Sam’s mom expects mealtime to be messy. She knows a lot of learning takes place when he eats. Sam enjoys exploring and eating different foods with his fingers. Sam has learned that bananas smell good and are mushy. He has discovered that Cheerios and crackers feel rough and hard. Sam can feed himself!

Sam knows that applesauce is cold and can be eaten with a spoon. Mashed potatoes and oatmeal are warm and stick well to a spoon. Sam has watched his mom and brother eat with forks and spoons. Sam feels like a big boy when he uses his spoon. He can feed himself!

Sam’s mom knows that toddlers learn by doing. They grow and develop by exploring and trying new things. Sam has learned to feed himself. He is ready to learn more! Sam’s mom wants Sam to be a bright and healthy boy. She lets him do as many things as he can for himself, as long as he is safe.

Level 3.0
Understanding

1. Is Sam a toddler? Why or why not?

2. What does the word independent mean?

3. What are some good finger foods for toddlers?

4. Why is mealtime messy at Sam’s house?

5. Sam’s mom lets him learn new things as long as he is what?

Writing

Choice A: What is mealtime like with toddlers that you know?

Choice B: In your own words, write about Sam feeding himself.