

# I can...

name

## tell where my food comes from



Shops, markets and farms



## help my family shop



Go shopping  
Go to different shops  
Choose foods I like



## point out food labels



Know what a food label is  
Choose healthier foods



Taste different foods  
Name the foods I like  
Chat with my friends

## talk about the food I like

## talk about the food my family and friends like



Know the food my family and friends like  
Choose for my family and friends



# Shopping