

Fun With Food

THE GUIDELINES:

Child is to be seated before the activity begins and ensure each person has their own tray/bowl.



If a child does get up do not make them sit back down, we want this to be a positive experience. Encourage them to join in by making the session motivating; use ooooh sounds and simple words explaining what you are doing, for example, crunching, eating, smelling etc.



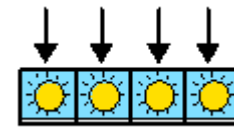
Model pouring the food into the trays. Model touching, smelling, tasting, licking etc the food as shown on the chart.



Do not ask the child to have a turn. If the child wants to watch that is fine. If they want to join in that is great but don't make a huge deal out of it, simply say "well done" and give a thumbs up.



The session is to last about 5 minutes (short and sweet) and to be completed daily.



Start with dry food. One type of food per week. The next week move onto a similar type of dry food, and so on.



Over time the introduction of food that is less dry will be introduced. This is intended to be a **slow process**.



Do not rush the introduction of wet food.



Ensure that you complete the chart after every session.



Fun With



Food



Actions	Monday	Tuesday	Wednesday	Thursday	Friday
 Look					
 Touch					
 Smell					
 Put on lips					
 Put on tongue					
 Nibble					
 Chew					
 Swallow					

My name:

.....

Week Commencing:

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The food I am trying this week

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Week number	Food
Week 1	Cornflakes (without milk)
Week 2	Weetabix (without milk)
Week 3	Shredded Wheat (without milk)
Week 4	Cheerios (without milk)
Week 5	Digestive Biscuits
Week 6	Oat Cake Biscuits
Week 7	Hob Nob Biscuits
Week 8	Chocolate biscuit



Week number	Food
Week 9	Sponge cake (plain)
Week 10	Cereal bar
Week 11	Plain toast
Week 12	Toast with butter
Week 13	Pasta (cooked and plain)
Week 14	Porridge (with milk)
Week 15	Rice pudding
Week 16	Weetabix (with milk)



Week number	Food
Week 17	Peas
Week 18	Mushy peas (cooked)
Week 19	Baked beans (cooked)
Week 20	Mixed vegetables (diced and cooked)
Week 21	Banana
Week 22	Chicken (plain)
Week 23	Chicken (with gravy – warm – small amount)
Week 24	Cheese (melted)

