My Eating

Exploring food- with all senses.

Food play

Involved in food preparation - no eating expected.

Food available in room.

Non preferred food on seperate tray/ bowl.

Exploring food and familal eating:

Begin sitting in chair at regular times during the day.

Sit at a tablel where food is present (do not have to eat).

Observe others eating or trying food.

Experiencing taste and texture:

Cold: lollies

Chewy: dried fruit/ chewy sweets.

Crunchy: breadsticks/ raw/ food

Mouth muscle strengthening :

Sucking: Using straws/ ice cubes

Blowing: Using straws/ bubbles/ musical instruments

Tugging/ biting/ pulling/ grinding: straws chewy toys

Accepting food into mouth through spoon or fingers.

Touching food - moving food on table.

Picking food up.

Placing food in mouth

Accepting food from spoon.

Holding a spoon to eat. (Palmar grip)

Scooping food (adult supported) into mouth.

Scooping food (adult supported) child paces into mouth.

Scooping food (adult support with scoop only)

Holding cutlery pincer grip:

Using fine motor tools

Using fine motor activities: play dough/ tongs.

Using blunt knife to cut playdough or soft food.

Using dried food and playdough to practice prodding or lefting with fork.

Mealtime etiquette

Portion size to mouth

Using a plate or bowl

Not touching others food

Eating next to other pupils.

Indicating when finished.

making a choice between 2 items

Independence:

Making healthy choices

Exploring wider range of food.

Eating ina variety of contexts

Choosing from a menu.

Choosing , cooking and eating preferred foods.