

Fun with food sessions

Exploring food



Children learn best by having "hands on" experiences and sensory play with food items can provide your child with a meaningful avenue for learning. Fussy eating is very common and there are several reasons for this. Fun with food sessions should be a fun, non-threatening experience carried out away from where your child normally eats and not at mealtimes.

Don't worry if you don't have the same food items, use something similar (I have tried to keep it to items that I think everyone will have!)

This is the structure we do in class so feel free to give it a go or just allow your child to play with the food items if the faces are too much!

On our youtube channel look for this video: fun with food -exploring bugs(Sarah)



wash hands



wash table

1. Wash your hand

wash your hands song on the video

2. Wash the table

wash the table song on the video

3. Fun with food

Explore the food. (watch the video) and have fun 😊

4. Explore it/try it 😊

(32 steps to eating)

5. Tidy up

tidy up song

6. Wash the table

wash the table song



tidy up



wash table



brush teeth

7. brush teeth

brush teeth song

Items you will need to explore:

You will need 2 sets (1 for you to model and 1 for your child to copy)

Container with the prepared foods in

tray

1 wrap/or slice of bread

Squirty cream (if you can get it)

cucumber

Cereal

Slices of apple and oranges.

Grapes (cut in half)

Tomato



You can watch the video to see how I run a fun with food session and for the songs we sing during it 😊

Remember have fun and share your learning with us!



Makaton signs for the food we have used try to practice them together 😊



bread



cucumber



cereal



tomato



squirty cream



apple



orange