## home education - Summer 1, weeks 3 & 4

## Fun with food sessions Exploring food

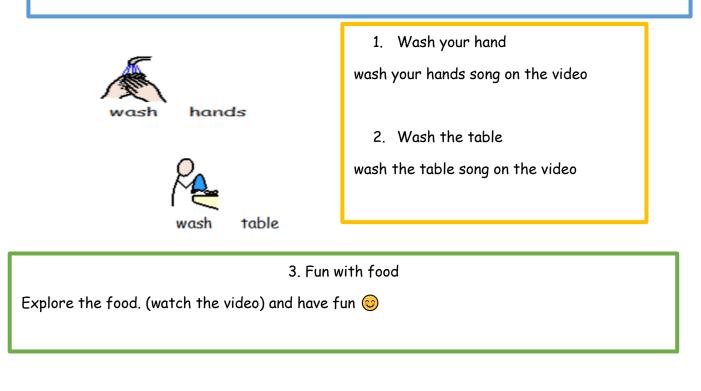


Children learn best by having "hands on" experiences and sensory play with food items can provided your child with a meaningful avenue for learning. Fussy eating is very common and there are several reasons for this. Fun with food sessions should be a fun, non-threatening experience carried out away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

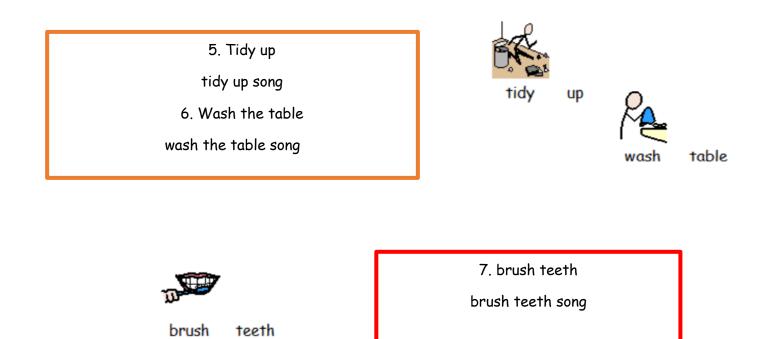
Don't worry if you don't have the same food items, use something similar (I have tried to keep it to items that I think everyone will have!)

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 food (Sarah)



4. Explore it/try it 😊 (32 steps to eating)



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

crackers

Small amount of cheese

Cereal

Slices of fruit or vegetables.

Suggested- cucumber, grapes, carrot and orange.



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!

\*These sessions take time for some children to tolerate and join in with so if you give it a go please stick with it.

32 steps to eating is the steps we follow at Strathmore to support our pupils with tolerating foods and for fun with food.



https://www.stargoldfoodfairy.com/wp-content/uploads/2018/06/32-Steps-To-Eating-



## Makaton signs for the food we have used .... try to practice them together $\bigodot$





cereal



grape



## cucumber



carrot



orange