

## 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 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 food (Sarah)



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

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.stargoldfoodfair.com/wp-content/uploads/2018/06/32-Steps-To-Eating-STARGOLD-04-23-18.pdf>



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



cheese



cereal



grape



cucumber



carrot



orange