



Feeding – Activity Suggestions for Mealtime

Mealtimes provide a great opportunity for sensory stimulation.

Food Preparation

- Bring the child to the grocery store and involve them when picking produce and choosing grocery items
- Invite the child into the kitchen when you are preparing the meal
- Allow them to touch, feel, smell, and taste the food at different stages of preparation
- talk about what you are doing, tasting, and feeling
- Some real treats for the senses are: oranges, meat and fish, cooking spices, onions and lemons.



Table Preparation



- Have the child seated comfortably in a chair with a backrest and feet flat on the floor
- Have the child seated with an unobstructed view of the teacher and his/her classmates
- Have a designated 'space' or 'place' for the child to eat at (i.e. Only food on the child's placemat is to be eaten)
- Food should be returned to the plate and/or placemat between bites
- Food should be served in child size portions, i.e. sandwiches quartered

Eating

- Allow the children to touch the food with their hands and to smell it
- Always talk about what you are doing
- Provide hand-over-hand feeding, if necessary
- Place bits of food in a variety of places (i.e., in the mouth, on the tongue, between teeth on the side, between the cheeks and teeth)
- Frequently wipe face with a napkin. Wipe from cheeks towards mouth and from chin towards mouth



Clean Up

- Use a fairly rough wash cloth to wipe hands and face
- Tooth brushing provides an opportunity to give the gums a little rub too, and to keep them healthy