



## Fun with food ideas

Children may present as selective eaters for a range of reasons including:

- Sensory needs – related to textures, smells, taste etc.
- Oral motor difficulties – difficulties with chewing, low muscle tone around the mouth.
- Postural needs – lack of stability when sitting which would reduce upper limb control.
- Attention/ concentration – difficulties being able to regulate and focus.
- Negative experiences – eating may elicit fight/ flight response.
- Food neophobia – fear of new or novel foods.

The key to exploring new foods is to try to make the experience pressure free and most of all FUN.

Always start playing with foods that are already easy to eat or play with. Usually this is dry textures, and then work up to foods that are more difficult which is often squishy textures and fruits and vegetables.

Here is an idea of how to measure progress:

1. Tolerates being in the presence of new food.
2. Will explore new foods through touch.
3. Will explore new foods through smell.
4. Will explore new foods by bringing them to lips.
5. Will explore new foods through taste (licking or eating).

Activity ideas:

Cereal jewellery:

All you need is loop cereal and a pipe cleaner or string for this one.



# Fox Wood School

Woolston Learning Village, Holes Lane, Woolston  
Warrington, WA1 4LS



01925 811534  
[FoxWood\\_School@sch.warrington.gov.uk](mailto:FoxWood_School@sch.warrington.gov.uk)  
[www.foxwoodschoo.org.uk](http://www.foxwoodschoo.org.uk)

<p>Painting bread:</p> <p>Make edible paint with cornflour, milk and food colouring.</p> <p>Paint bread and then put this in the toaster.</p>	
<p>Colourful pasta/ spaghetti:</p> <p>Put food colouring in the water when cooking pasta to create fun colourful pasta.</p> <p>Try hiding favoured items within this.</p>	
<p>Potato prints:</p> <p>Use cookie cutters to get the shapes in a potato, and consider making edible paints with milk, cornflour and food colouring.</p>	
<p>Mashed potato play doh:</p> <p>Add <math>\frac{3}{4}</math> cup of flour to every 1 cup of mashed potato and mix in food colouring.</p> <p>Optional - use rolling pins and play doh tools.</p>	
<p>Colourful rice:</p> <p>For playing with only – add white vinegar and food colouring to rice and mix (can do several bowls with different colours). Wait for this to dry (2 hours) before playing.</p>	

Headteacher: Miss Lucinda Duffy NPQH, BA.Ed QTS

Deputy Headteacher: Mrs Lianne Buchanan NPQH, BA (Hons), QTS, MA SEN



MUSIC MARK  
SCHOOL  
2022 - 2023



# Fox Wood School

Woolston Learning Village, Holes Lane, Woolston  
Warrington, WA1 4LS



01925 811534  
[FoxWood\\_School@sch.warrington.gov.uk](mailto:FoxWood_School@sch.warrington.gov.uk)  
[www.foxwoodschoool.org.uk](http://www.foxwoodschoool.org.uk)

<p>Character sandwiches or pancakes:</p> <p>Add faces to food using fruits and vegetables.</p>	
<p>Veggie train:</p> <p>Create a train with peppers and cucumbers or carrots for wheels.</p>	
<p>Custard/ cream messy play:</p> <p>Create a tub of custard and engage in sensory play through scooping.</p> <p>Or create a tray with custard and work on shape formations.</p>	
<p>Jelly play:</p> <p>Add favourite characters to jelly to encourage touching to get the toy back out again.</p>	

Written by:

Anita Bartlett  
Specialist Occupational Therapist

Headteacher: Miss Lucinda Duffy NPQH, BA.Ed QTS

Deputy Headteacher: Mrs Lianne Buchanan NPQH, BA (Hons), QTS, MA SEN



MUSIC MARK  
SCHOOL  
2022 - 2023

