



10 TYPES OF FOOD PLAY

www.learningtreeresources.com



PAINTING

Painting with food can be lots of fun! Instead of paintbrushes, try using: fingers, fries, crackers, celery, carrots, or broccoli.

There are many substitutes for "paints" at home. You can paint with jelly, peanut butter, ketchup, mustard, sauces, dressings, or yogurt. Food coloring is an easy way to add color to vanilla yogurt, pudding, or ranch dressing.



STAMPING

Almost anything can be a stamp! Use potatoes, bell peppers, apples, celery, okra, mushrooms, lime, or broccoli to stamp imprints on paper.



SENSORY PLAY

Dry sensory play

Run fingers through a bowl of dried beans, dry rice, dry pasta, or dried veggies (corn, peas, etc.).

Wet sensory play

Squish cooked spaghetti, squeeze oranges into juice, explore frozen grapes, or submerge cut fruit in a bowl of water.



SING A SONG

Sing "If You're Happy and You Know It" to encourage using food to: touch your nose, tap your hand, roll the dough, squish the corn, smell the sauce, give a lick, or give a kiss.

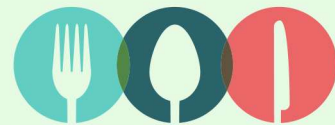


ORGANIZE

Have your child sort foods by color, shape, or size.



www.LearningTreeResources.com
Learning Tree Resources



10 TYPES OF FOOD PLAY

www.learningtreeresources.com



SMASH IT!

Pop peas between your fingers. Mash potatoes or bananas. Knead bread. Crumble graham crackers. Crush pretzels, popcorn, and chips.

BUILD WITH FOOD

Build a house using pretzels and cheese cubes. How tall can you build a tower of cucumber slices? Can you build a house using waffles and toothpicks?



USE TOYS

Plastic dinosaurs can make footprints in sauce. Do blueberries roll down the race car track? Does the train car hold peas or corn? Let's have a tea party!



MAKE CHARACTERS

Create faces, animals, monsters, or favorite characters using a variety of foods.

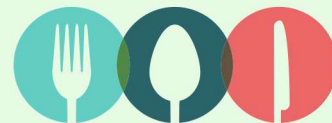


SILLY FACES

Can you see through bell pepper glasses? You can make mustaches using sauce, milk, or hummus. Wiggly string cheese can be an elephant trunk. Corn and raisins can be vampire teeth.



www.LearningTreeResources.com
Learning Tree Resources



TIPS FOR FOOD PLAY

www.learningtreeresources.com



BEFORE FOOD PLAY

- Sanitize all surfaces, utensils, and toys that you plan to use.
- Set up the food play zone in an area that is away from your usual meal spot.
- Ensure that food is chopped, prepared, and presented in ways to prevent choking.
- Help get your child's body ready for food play with large body movements during fun songs or games.
- Wash hands before beginning food play.

DURING FOOD PLAY

- Don't pressure your child to eat. Food play is for PLAY!
- Follow your child's lead, look for their cues, & go at their pace. Start with familiar foods.
- Find ways to stay regulated yourself and embrace the mess!
- Adult supervision is necessary during food play to ensure your child's safety and wellbeing.
- Encourage your child to help with clean up.

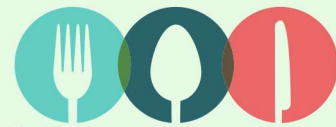


CONSISTENCY

Food play often takes practice. Making food play apart of your weekly routine can help your child learn about new and non-preferred foods.



www.LearningTreeResources.com
Learning Tree Resources



PLAN FOR FOOD PLAY

www.learningtreeresources.com

THIS WEEK:

Which types of food play did you try this week?

- ☐ painting with food
- ☐ stamping with food
- ☐ sensory play
- ☐ singing songs during food play
- ☐ organize foods by shape, color, or size
- ☐ make silly faces (bringing food to eyes, nose, mouth)
- ☐ smash, mash or crumble foods into small bit
- ☐ make characters
- ☐ build structures using food
- ☐ use favorite toys during food play
- ☐ other: _____



HOW DID IT GO?

Jot down a few notes on what went well, what was hard, and any questions you have for your therapist.



www.LearningTreeResources.com
Learning Tree Resources