

Expanding Food Range

Cooking/baking activities

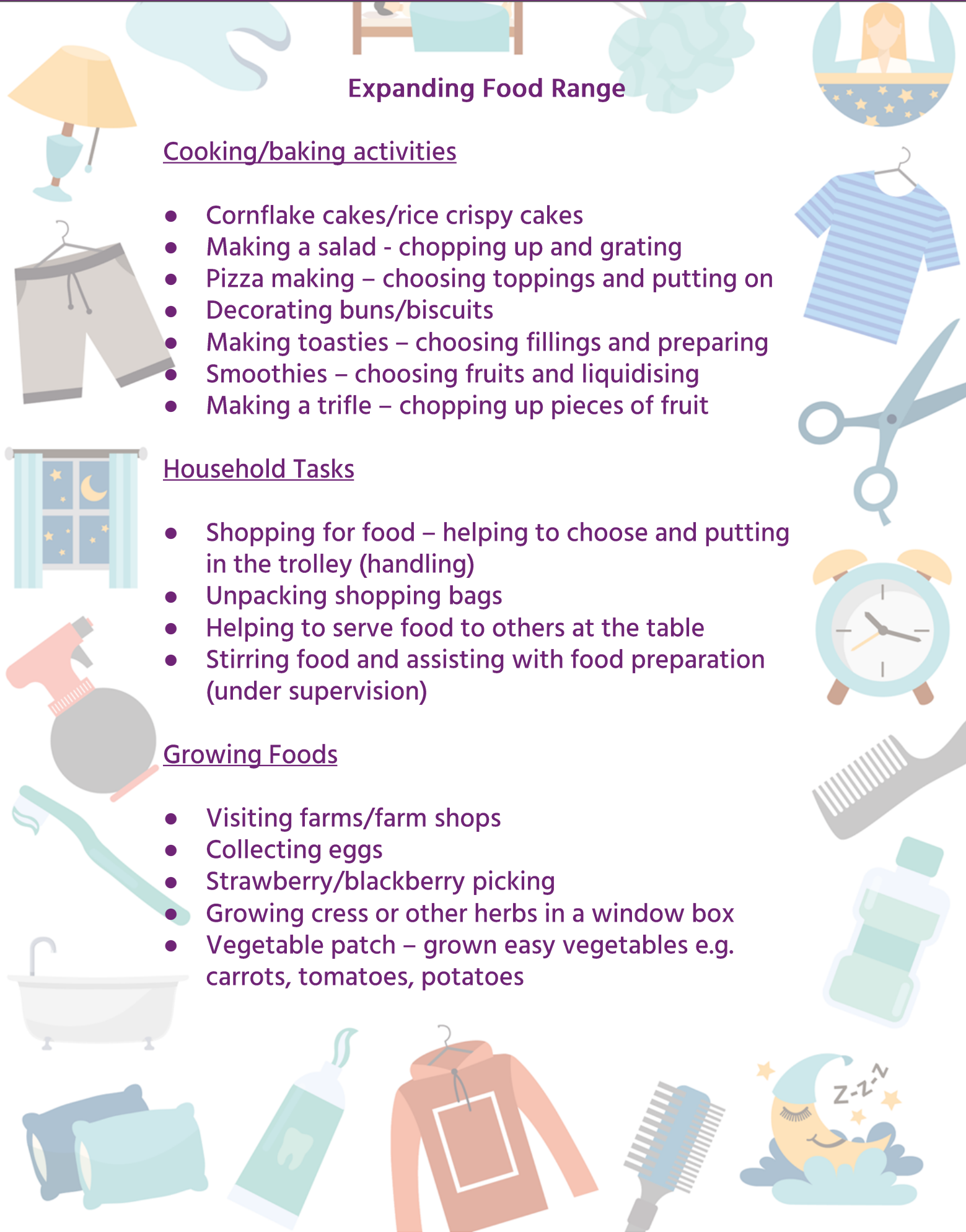
- Cornflake cakes/rice crispy cakes
- Making a salad - chopping up and grating
- Pizza making – choosing toppings and putting on
- Decorating buns/biscuits
- Making toasties – choosing fillings and preparing
- Smoothies – choosing fruits and liquidising
- Making a trifle – chopping up pieces of fruit

Household Tasks

- Shopping for food – helping to choose and putting in the trolley (handling)
- Unpacking shopping bags
- Helping to serve food to others at the table
- Stirring food and assisting with food preparation (under supervision)

Growing Foods

- Visiting farms/farm shops
- Collecting eggs
- Strawberry/blackberry picking
- Growing cress or other herbs in a window box
- Vegetable patch – grown easy vegetables e.g. carrots, tomatoes, potatoes



Food Play

- Food painting – using sauces and runny foods for paint and celery sticks/bread sticks etc for brushes.
- Food modelling – hold together with cocktail sticks
- Food mosaic – cut up small bits of fruit/veg etc and press into marzipan, homemade playdough etc.
- Potato printing – can also print with other foods e.g. lemons, apples, tomatoes
- Pasta pictures
- Hiding items in dried fruit to find
- Guess food by: touch, smell, taste (whilst wearing blindfold). Start with safe food initially then introduce some new foods.

Sensory Occupational Therapy Service