




Top Tips for Food Play

The aim of introducing food play would be to increase the child's exposure to a range of foods of different textures and smells, without any pressure to eat or taste it. The main emphasis should be increasing exposure to foods. Being around others when they are eating may also prove useful if there is no pressure on the child to eat or socially interact. Using utensils/paint brush may be useful to explore foods without the need to touch. Introducing foods which are similar in texture to what the child already eats would be preferable in the first instance.

Suggested activities to try at home and in school include:

  	<ul style="list-style-type: none"> • Baking bread • Microwave popcorn • Food feely bag • Create food art • Making food 'danglies' i.e. Cheerio's on sweet laces, mini bagels • Hide small toys or objects in jelly and allow to set and then encourage your child to find the hidden toys. • Get some readymade custard, add cereals and pulses to this and spread on table with hands. • Cook up some spaghetti/pasta and add some food colouring. Put in a bowl and allow it to cool. Let you child play with this • Chopping fruit and vegetables and putting them on cocktail or kebab sticks • Make food faces using chopped or sliced fruit and vegetables e.g. pizza • Playing with dry foods e.g. butter beans, chickpeas, lentils and pasta • Making pictures from dried foods • Making games with food
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- Baking e.g. crispy cakes, empire biscuits, gingerbread men, muffins etc
- Smear food around the edge of lips and encourage child to lick it off with tongue
- For finger foods, encourage child to take food to mouth and lick it