

Family Therapy Meals for Picnic Group

Below is the menu that we ask each family to practice together.
This should be done separately from mealtime, so more of a snacktime/playtime

Focus is on **having fun together and creating successful food interactions**
and on moving up the Steps to Eating

The focus is NOT on quantity of oral intake (“actual eating”).

Menu:

Veggie sticks
Plain pasta (ideally penne)
Apple slices
Applesauce
Chicken nugget
Ranch dip
Jicama stick
End with some sort of a preferred white food...cracker, cookie, etc.

Tolerates food in room
Tolerates food on table AWAY from him/her
Tolerates food on table IN FRONT of him/her
Tolerates food on plate
Touches food with napkin/utensil/other food
Touches food with one finger
Touches food with two or more fingers
Touches food with whole hand
Picks up food to wave/tap/manipulate
Places food on hand, arm, shoulder
Puts food on head, neck or ears
Brings food/liquid in close proximity to nose/mouth (e.g., to smell, to blow on, to blow bubbles in)
Puts food on chin, cheek or nose
Touches food to lips
Licks lips
Holds food in lips
Taps food on teeth
Touches food with tip of tongue
Full tongue lick
Holds food in mouth
Bite pressure/gnawing on food
Bites food, spits or drools out
Bites food, chews/manipulates it in mouth, spits
Bites food, chews/manipulates it in mouth, swallows
Bites food, chews it, swallows all OR takes puree/liquid in mouth and swallows