

HIERARCHY STRATEGIES

TOLERATES

1. child watches food preparation because it is interesting
2. describe the properties of the food while it is in front of you
3. food is passed in front of child; directly in front of face
4. you manipulate food in a creative/educational way near/in front of child
5. place food on a napkin or table next to child and move closer to child as tolerates without drawing attention to this, over the course of the meal
6. place food on edge of plate and move closer as tolerates (similar to 5.)

INTERACTION

1. child manipulates outer wrapper
2. child helps with food preparation using utensils
3. have child pass food container to another
4. have child serve food to another child with a utensil
5. child stirs with a utensil or other food, uses a cookie cutter
6. child pushes one food with another food (making a train)
7. child puts one food into another (making faces, making birthday cakes with candles)
8. child blows on food to tip it over or move along the table/plate

SMELL

1. adults cook food in room (toaster and microwave)
2. child helps prepare food with utensils
3. peeling, cutting, stirring with utensils
4. waving food in front of face (fans, airplanes, wiggle worms)
5. bringing the food near the nose (mustaches, whiskers, beards, lipstick, clown noses)
6. model leaning down and exaggerating smelling ("Hmmm... Ahhh")

TOUCH

1. flicking onto plate, into bowl with fingernail
2. serving yourself with your fingertips
3. throwing away foods on table using fingertips
4. building with foods (trains, steps, bridges, rainbows, letters, shapes)
5. painting with foods (shapes, letters, pictures, faces)
6. driving foods and driving foods under other foods (peanuts make great boats/cars)
7. playing the drums
8. making it rain
9. smashing, crunching, breaking, ripping, tearing with hands, tug of war with adult
10. inch worm up the hand, arm, shoulder cheek etc.
11. making food into objects you can wear (earrings, glasses, necklaces, bows in hairs, bracelets, barrets, rings, finger hats, hats)
12. dancing along the body
13. putting food on head as a hat and sneezing it off
14. sticking the food to parts of one's body (over your heart, on your forehead, on your cheek, on your glasses, on the end of your nose, on your chin)

15. sliding down the slide/ski slope (= your nose)
16. balancing the food on your nose
17. give food hugs
18. holding something on/above your upper lip with no hands
19. kissing foods, foods kissing you
20. lipstick, chapstick
21. making wind instruments
22. making animal teeth (walrus); or “count dracula”
23. tapping on teeth; making music
24. hanging a food off your lower lip

TASTE

1. kissing
2. being a puppy with a bone
3. playing tug of war with the mouth
4. hold in teeth, no hands
5. blowing out of mouth into a bowl (making a basket) or at a target
6. bite off body parts of animal/ people shapes you've made and spit out (or not spit out)
7. touch to tip of tongue fast
8. stand in teeth and shoot/push out with tongue
9. driving into the mouth
10. making popping noises pulling foods out of mouth (eg. with a sucker)
11. playing peek-a-boo with food on tongue in and out of mouth
13. licking fingers after painted them with “fingernail polish” = a puree
14. lick off the table
15. licking - (“make it wet, like a puppy does”; “lick it like it's an ice cream cone”)
16. brushing teeth with the food
17. “1, 2, 3” everyone bites etc
18. listen to the noises it makes when biting/crunching
19. exaggerated chewing with noise and head movement
20. chewing like corn on the cob, moving like a typewriter (ding)
21. counting chews