

Making Food Fun

MEAL TIME GAMES

Some children do not like the idea of meal time. Playing games that imitate meal time can be fun, enjoyable, and distract children from meal time difficulties. The positive associations with meal time games can be carried over to real meal time. See below for some examples.

PRETEND TO MAKE A MEAL

Materials: plastic spoons and forks, empty spice jars, Tupperware, cardboard box stove, toy cooking ware

Foods: dried rice, beans, food made from play dough

- ▶ Pour, stir, cut, and pretend to cook foods
- ▶ Serve to friends, family, and dolls
- ▶ Pretend to make foods that are often served to the family

TEA PARTY

Materials: toy tea set or small plastic cups, saucers, and tea pot

Foods: water, biscuits

- ▶ Serve tea to friends, family, and dolls
- ▶ Pretend to be celebrating a birthday or having tea with the queen
- ▶ Can incorporate playing “dress-up” with this game

RESTAURANT

Materials: Pen, paper, apron, toy or plastic cups and plates

- ▶ Take turns being a waiter, ask everyone for their orders
- ▶ When parent is the waiter, offer foods that the child is starting to interact with and that the parent wants the child to eat
- ▶ Pretend to be a superhero or another character to make it more fun

MEAL TIME STORIES

www.mealtimestories.com

- A Meal Time Story is a short, personalized book with simple text and photos that you can make yourself
- It includes the child, family, and friends interacting with foods in a positive manner
- Meal Time Stories can influence a child’s attitudes towards feeding and feeding therapy (Tucker & Neifert, 2008)

MAKING A MEAL TIME STORY BOOK

- There are no rules on what to include in your book, be as creative as you would like
- Can use programs such as Microsoft PowerPoint or Publisher
- For templates, ideas, or more help, talk to your occupational therapist or visit www.mealtimestories.com
- Personalize the book by using the child’s name and favourite foods and activities

