

# Food Play with a Purpose:

**Play allows children to explore and interact with food in a fun, low-pressure way, reducing the stress of trying new foods.**

## **Touch**

- Finger paint with sauces, whipping cream, pudding, yogurt
- Sensory bins with dry pasta, oats, beans
- “Food surgery”- use fingers or utensils to pull apart foods like bread, peel bananas, cut open grapes

## **Vision**

- Create an underwater scene with blue jello, crushed graham crackers, gummy fish
- Sort same color foods (green and red grapes or apples, m&ms, fruit snacks)
- Color changing experiment- put jelly beans, beets, blueberries, red cabbage, carrots in water to see them change the color

## **Sound**

- Use pretzel rods as drumsticks
- Use beans, dry cereal, crushed crackers to put in containers and make shakers
- Crunch test- use carrots, apples, crackers, more. Crunch them any way and decide which has the “best” crunch

## **Smell**

- Sniff different foods with your eyes closed and guess what they are
- Create scent jars with strong smells like lemon, vanilla, coffee beans and test how far away the child can be and still smell the item.

## **Taste**

- Taste foods that are the same color and talk about the differences (strawberries, tomatoes)
- Blind taste test- use different apples types, flavors of applesauce, or yogurt
- Veggies- taste difference between roasted and raw vegetables
- Fruits- taste difference between frozen and fresh fruit

## **Pretend Play**

- Use a banana as a telephone
- Have a doll or toy sit at the table and have your child feed it
- Fill a toy vehicle up with cereal or a snack and drive it towards the bowl or plate

**On the back, write down foods that your child played with and if they liked it, didn't like it, or are not sure.**

# Food Play with a Purpose:



**I TRIED IT AND LIKED IT**

- 1.
- 2.
- 3.
- 4.

**I TRIED IT AND DIDN'T LIKE IT**

- 1.
- 2.
- 3.
- 4.

**I TRIED IT AND I'M STILL NOT SURE**

- 1.
- 2.
- 3.
- 4.