



# Activity ideas for Food Play

## Why food play?

- Helps them to enjoy a sensory experience without the pressure to eat
- The child is in control and there are no rules– its PLAY!
- It's a safe space to put the food in their mouths and won't cause harm
- Playing with different foods increases confidence in trying new foods.
- Children begin to tolerate the touch of foods before eating them.

## Top tips for food play:

- It is best to do these activities outside of mealtimes
- No food play can be done in a clean way – and that's okay!
- If you are worried about the mess, try completing these activities outside, in the bath or using bowls and old towels

## Dry food play:

- Firm and dry textures which fall away from hands with no brushing or wiping required
- Such as: Dry Cereals e.g. Cocopops, Rice Krispies, dry Pasta, spaghetti, noodles, lentils
- 'Easier' than wet food play and the child has most control



**Try:**

**Pushing around cars in flour**

**Hiding toys in rice krispies**



## Wet food play:

Wet textures: Sticks to hands and requires light wiping to remove

- Water, cooked pasta, noodles or rice, mashed potato, jelly

Wet and sticky textures: Sticks to hands and requires repeated wiping to remove

- Jam, porridge, melted ice cream, melted chocolate, ketchup, custard, yoghurt

\*This is most challenging and the child has less control



**Try:**

**Hiding animals in cooked spaghetti**

**Setting Lego in jelly**

