



10 Ways to Play with Food

By Brooke Heinz, MA, SLP | Feeding Therapist

Simple food-based play ideas to build comfort, skills, and fun!

1	Make a food rainbow: Sort fruits and veggies by color
2	Use cookie cutters with soft foods like toast or cheese
3	Create a food face using slices of fruit or veggies
4	Paint with yogurt or purées using fingers or brushes
5	Smash cooked beans or peas with a fork - talk about textures!
6	Scoop dry cereal into cups with a spoon or small scoop
7	Stack soft foods like banana slices or cucumber rounds
8	Dip and dab: Have crackers or baby carrots 'swim' in different textures like hummus or applesauce
9	Cooking: Invite your little one to add ingredients or stir when you're cooking with cool foods (i.e. salads, cookie dough)
10	Food hide-and-seek: Bury raisins or berries in oatmeal and find them

"Messy play today, confident eating tomorrow!"



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