

Improving Variety: Steps to Eating

Before we start eating:

1. Sitting at the table, with adults or peers and being physically supported
2. Implementing the Basics (handout)
3. Allowing your child to improve their anxiety and relationship with safe foods around the table
4. Allowing yourself to improve your anxiety and relationship with foods at the table

Steps with new foods	Foods					
TOLERATES						
<ul style="list-style-type: none"> 5. Being in the same room 6. Being at the table with the food far away from them 7. Being at the table with the food half-way near them 8. Being at the table with the food next to them 9. Having the food directly in the child's space 						
SMELLS						
<ul style="list-style-type: none"> 10. Tolerates odour at the table 11. Tolerates the odour in their immediate space 12. Will smell food 						
TOUCHES						
<ul style="list-style-type: none"> 13. Assists in the preparation of the food 14. Will use utensils to serve food to others 15. Will use utensils to serve food to themselves 16. Will manipulate food with utensils 17. Will touch food with another food 18. Will touch food with one finger 19. Will pick up food with fingers 20. Will pick up food with hands 						



21. Will bring food to lips 22. Will allow food to touch lips 23. Will touch food with the tip of their tongue						
TASTES						
24. Will lick food to taste 25. Will use teeth on food 26. Will bite a piece of food and immediately spit it out 27. Will bite a piece of food, will hold food in their mouth and then spit it out 28. Will bite a piece of food, hold it in their mouth and attempt to chew and then spit it out 29. Will chew food and then spit it out						
EATS						
30. Bites, chews and swallows small bits of food, might spit some out 31. Bites, chews and swallows independently						

32. Enjoying food

