

# TRY IT!

# feeding

# GAME!



# TRY IT! *feeding* GAME!



## »» SET UP & SUPPLIES NEEDED ««

- ✓ Print the Food Action Chart. If desired laminate for durability. The suggested action chart has a list of six different colors with a corresponding action that child is encouraged to perform with a targeted food.
- ✓ Print and laminate the "TRY IT" place mats. You will need one mat for each child playing.
- ✓ Print, cut, fold and glue/tape to attach die. This prepared die will have a different color and image on each of six sides.
  - Side 1= Red
  - Side 2= Orange
  - Side 3= Yellow
  - Side 4= Green
  - Side 5= Blue
  - Side 6= Purple
- ✓ Select one or more types of food that you would like to introduce to the child/children.
- ✓ Supply of napkins.
- ✓ Print Token Cards. Print as many cards as needed.



# TRY IT! *feeding* GAME!

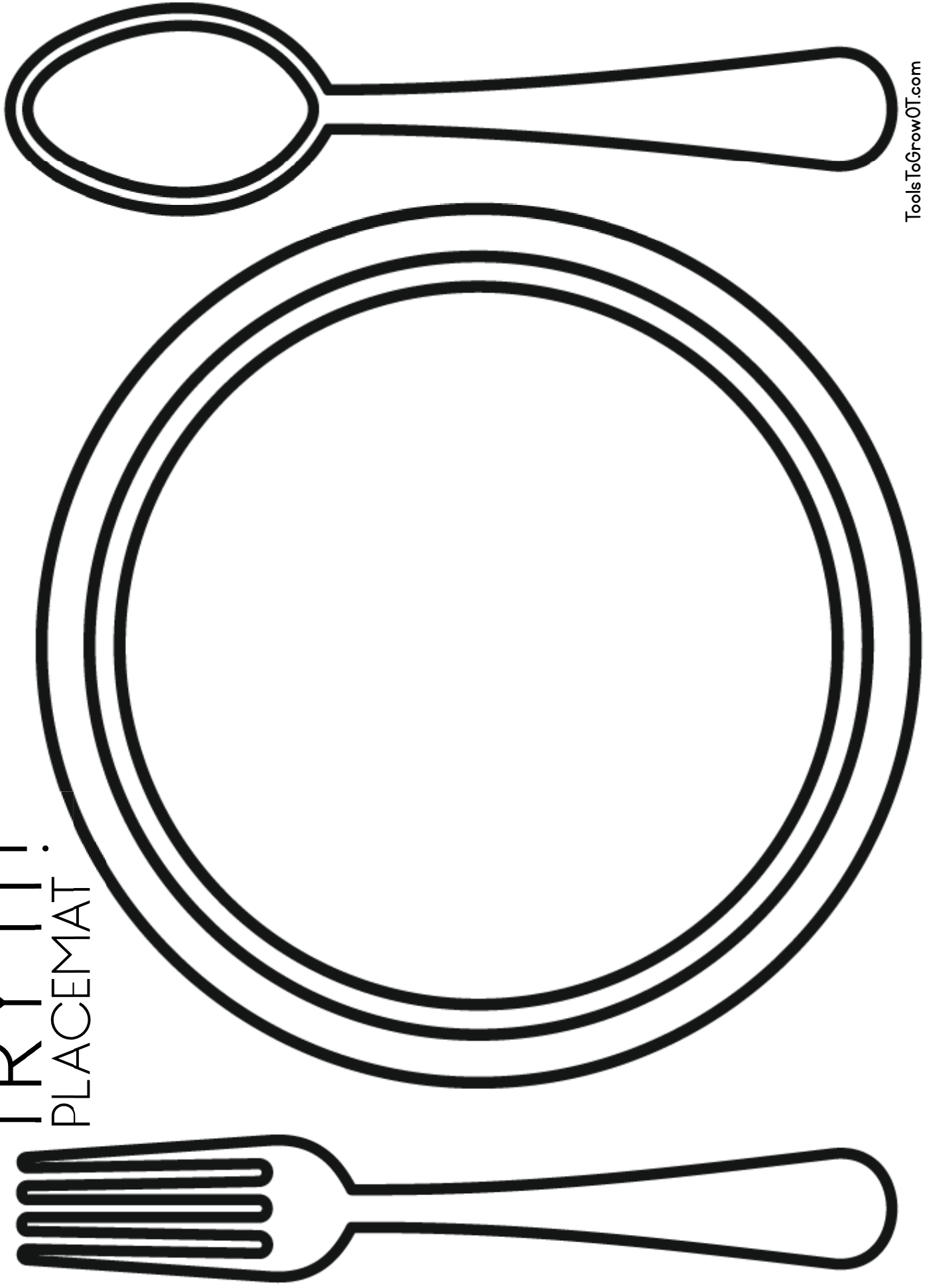
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## >>> DIRECTIONS <<<

1. This game can be played by one or more children. The adult or therapist may also participate to model positive eating behaviors.
2. Place a small portion of the targeted food item onto the "TRY IT" place mat.
3. If playing with more than one child, each child will require his/her own "TRY IT" mat and food item.
4. You may wish to cover the food with a napkin if the child/children playing show a limited ability to cope with looking at less preferred or new food. You can remove the napkin as tolerated during the child's turn.
5. Each child takes turns by rolling a die.
6. The color that is revealed at the top of the die dictates what action is encouraged during that round of the game.
7. RED= Child is encouraged to touch the food; even touching with a finger-tip for a second may be an excellent start.
8. YELLOW= Child is encouraged to move close to the food item and smell.
9. GREEN= Child is encouraged to touch the food to his/her lips.
10. BLUE= Child is encouraged to use his/her tongue to lick the food.
11. ORANGE= Child is encouraged to use his/her teeth to bite through the food. Using a napkin, he/she may take the food from his/her mouth if he/she does not wish to swallow.
12. PURPLE= Child is encouraged to use his/her teeth, tongue and lips to chew the food. Using a napkin, he/she may take the food from his/her mouth if he/she does not wish to swallow.
13. If the child declines to perform the action on the food (ex: touch, smell, lick, etc.), he/she is encouraged to verbalize "no thanks", "not now", "maybe later", or something similar.
14. If the child is not verbal, be sure to encourage him/her to communicate "No" in whatever manner the child can do so (ex: signing, vocalizing, facial grimacing/gestures, picture symbols, etc.).
15. The therapist will acknowledge the child's wish to decline performing the action on the food by stating "maybe next time", "ok-maybe later" or something similar.
16. If the child follows through with the suggested action on the color chart (ex: touch, smell, lick, etc.), he/she receives a token card.
17. The game can continue for a specified number of rounds, specified duration of time, or by introducing a specified number of foods.

# TRY IT!

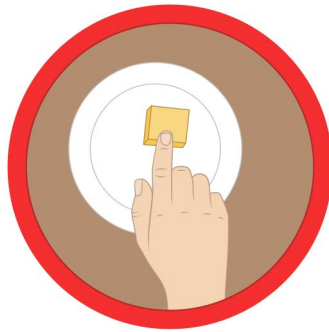
PLACEMAT



# TRY IT! PLACEMAT



TRY IT!  
PLAYING DICE



TOUCH



BITE



SMELL



LICK



TO LIPS

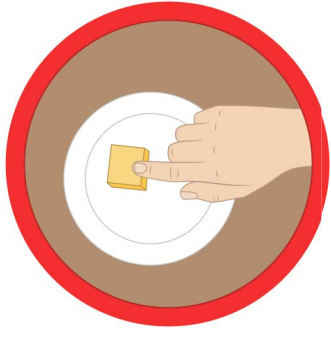






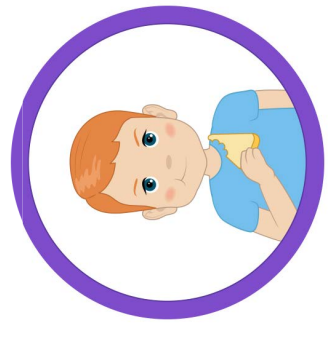
CHEW

# FOOD *actions*

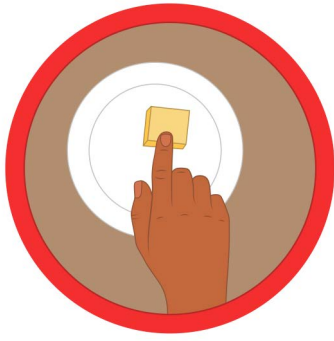
»» TRY IT!  
FEEDING GAME!

## CHART

|       |   |
|-------|---|
| TOUCH |    |
| BITE  |   |
| SMELL |  |

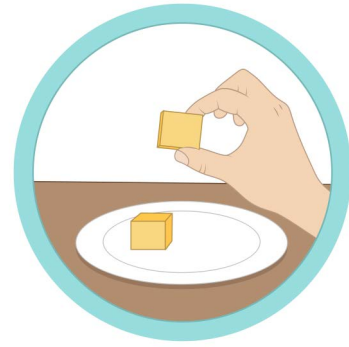
|            |   |
|------------|---|
| LICK       |    |
| TO<br>LIPS |   |
| CHEW       |  |





I TOUCHED A  
NEW FOOD  
TODAY!

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I TOUCHED A  
NEW FOOD  
TODAY!

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I TOOK A BITE  
OF A NEW  
FOOD TODAY!

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I TOOK A BITE  
OF A NEW FOOD  
TODAY!

ToolsToGrowOT.com



I SMELLED A NEW  
FOOD TODAY!

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I SMELLED A NEW  
FOOD TODAY!

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I LICKED A  
NEW FOOD  
TODAY!

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I LICKED A  
NEW FOOD  
TODAY!

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MY LIPS TOUCHED  
A NEW FOOD  
TODAY!

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MY LIPS TOUCHED  
A NEW FOOD  
TODAY!

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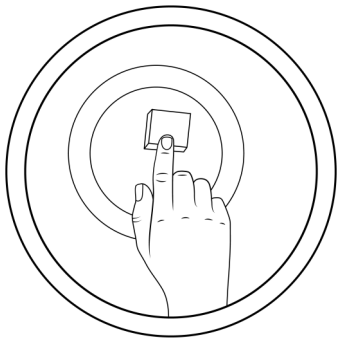
I TRIED A NEW  
FOOD TODAY!

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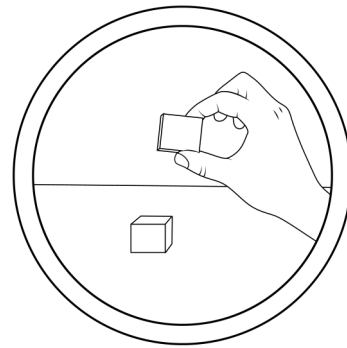
I TRIED A NEW  
FOOD TODAY!

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I TOUCHED A  
NEW FOOD  
TODAY!

ToolsToGrowOT.com



I TOUCHED A  
NEW FOOD  
TODAY!

ToolsToGrowOT.com



I TOOK A BITE  
OF A NEW  
FOOD TODAY!

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I TOOK A BITE  
OF A NEW FOOD  
TODAY!

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I SMELLED A NEW  
FOOD TODAY!

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I SMELLED A NEW  
FOOD TODAY!

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I LICKED A  
NEW FOOD  
TODAY!



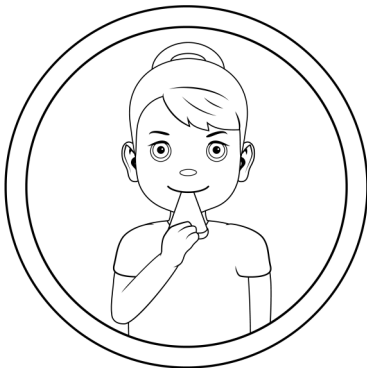
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I LICKED A  
NEW FOOD  
TODAY!



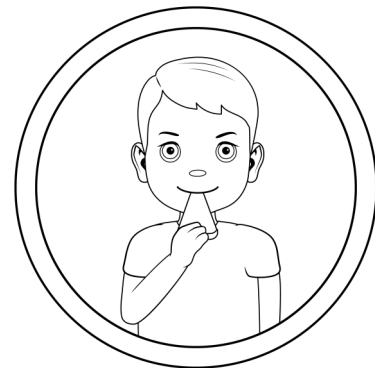
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MY LIPS TOUCHED  
A NEW FOOD  
TODAY!



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MY LIPS TOUCHED  
A NEW FOOD  
TODAY!



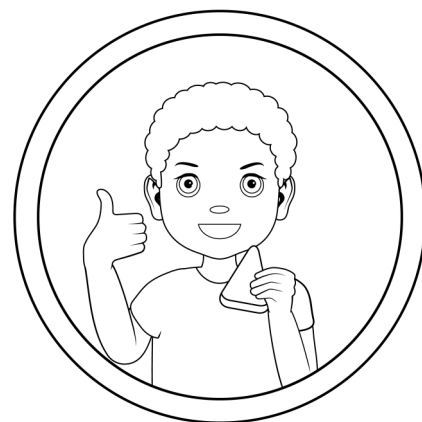
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