

32 STEPS TO EATING

TOLERATES



1. Being in the same room
2. Being at the table with the food on the other side of the table
3. Being at the table with the food ½ way across the table
4. Being at the table with the food just outside of child's space
5. Looks at food when directly in child's space

INTERACTS WITH



6. Assists in preparation/set up with food
7. Uses utensils or a container to stir or pour food/drink for others
8. Uses utensils or container to serve self onto own plate/space
9. Uses utensils/napkin/tool to manipulate food in own space
10. Uses another food to interact with the food

SMELLS



11. Odour in room
12. Odour at table
13. Odour in child's forward space
14. Leans down or picks up to smell

TOUCH



15. One finger tip
16. Fingertips, fingerpads
17. Whole hand
18. Arm, trunk/chest
19. Shoulder, neck
20. Top of head
21. Chin, cheek
22. Nose, underneath nose
23. Lips
24. Teeth
25. Tip of tongue, top of tongue

TASTE



26. Licks lips or teeth, tongue tip taste
27. Full tongue lick
28. Bites off piece & spits out immediately
29. Bites piece, holds in mouth for "x" seconds & spits out
30. Bites piece, chews "x" times & spits out

EATING!



31. Bites & chews, swallows some and spits some
32. Chews and swallows whole bolus independently

Stargold
the
Food
Fairy

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