## Eating a Meal

<table>
<thead>
<tr>
<th>Receptive Language: have your student follow instructions and/or locate various items/objects</th>
<th>Expressive Language: have your student use their preferred mode of communication to label and fill in</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>While eating with your child provide instructions to your student:</strong></td>
<td><strong>While eating with your student, he/she can answer questions or fill in:</strong></td>
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</tbody>
</table>
|  ● “Come to the table.”  
  ● “Set the table.”  
  ● “Sit in your chair.”  
  ● “Find a snack.”  
  ● “Get a napkin.”  
  ● “Use your spoon.”  
  ● “Wipe your face.”  
  ● “Take a bite.” |  ● “You are eating ____.”  
  ● “You use a cup to ____.”  
  ● “You use a napkin to____.”  
  ● “You drink____.” |
| **While preparing or eating meals, have your student find various items/objects:**  
  ● food  
  ● utensils  
  ● place settings  
  ● etc. | **Wh- questions:**  
  ● “What are you eating?”  
  ● “What’s that?”  
  ● “Who are you eating with?”  
  ● “What is your favorite food?”  
  ● etc.  
  **Label items/actions your student is using:**  
  ● utensils  
  ● napkins  
  ● food  
  ● drinks  
  ● dishes  
  ● eating  
  ● cleaning  
  ● etc. |
| **IImitation:** parent models action, child imitates | **Requesting:** create situations that might motivate your student to ask for items |
| **Using natural sounding language, while eating with your student, have him/her imitate your actions:**  
  ● wipe your face  
  ● eating/biting food  
  ● napkin on lap | **As you are eating, you can withhold the items and have them reach, point, vocalize, or use a device to make requests for various items:**  
  **Request food items, utensils, dishes, etc.** |
| • use utensils          | • Requesting missing items (i.e. give yogurt without a spoon, juice without a straw, etc.) |
| • clean up dishes     |                                           |
| • cut food            |                                           |
| • serve food          |                                           |

**Behavior**

- Sitting in a chair/staying in area
- Keeping hands/feet to self
  - Calm Body
  - waiting
- following directions