32 STEPS TO EATING

TASTE

1. Licks lips or teeth, tongue tip taste
2. Full tongue lick
3. Bites off piece & spits out immediately
4. Bites piece, holds in mouth for "x" seconds & spits out
5. Bites piece, chews "x" times & spits out

TOLERATES

6. Being in the same room
7. Being at the table with the food on the other side of the table
8. Being at the table with the food ½ way across the table
9. Being at the table with the food just outside of child's space
10. Looks at food when directly in child's space

INTERACTS WITH

11. Assists in preparation/set up with food
12. Uses utensils or a container to stir or pour food/drink for others
13. Uses utensils or container to serve self onto own plate/space
14. Uses utensils/napkin/tool to manipulate food in own space
15. Uses another food to interact with the food

TOUCH

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

SMELLS

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

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

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