

HOW TO MAKE MEALTIME MEANINGFUL

Make Fruit Kabobs



Supplies

- Bowl for each fruit
- Wooden kabob skewers
- Platter
- Fruits of your choosing

Steps:

1. Demonstrate the steps then invite the person to engage in and complete the activity.
2. Create a pattern for the person to follow with whichever fruits you choose (one green grape, one strawberry, one pineapple, etc.).
3. Place the completed skewers on platter.

Benefits

- Fine Motor Skills, Sensory Stimulation, Attention

Coffee Grinding

Steps:

1. Pick up spoon with dominant hand.
2. Pour the beans with the spoon into the top of the grinder.
3. Use non-dominant hand to hold base of grinder.
4. Turn the handle until the beans are ground.
5. Unscrew the top of the grinder.
6. Pour grounds into bowl.

- **Tip:** As part of routine, have the person grind the coffee each morning.



Benefits: Sensory Stimulation, Concentration, Motivation

HOW TO MAKE MEALTIME MEANINGFUL

Orange Squeezing

Benefits

- Hand Strengthening, Sensory Stimulation, Attention and Focus



Steps:

1. With non-dominant hand hold base of reamer.
2. With dominant hand, place half of orange on reamer.
3. Press down firmly and rotate wrist until all juice is squeezed from the orange.
4. Continue to do this until all orange halves have been squeezed.
5. Involve the person in clean up, putting all materials back and wiping any juice from the area.

Setting The Table

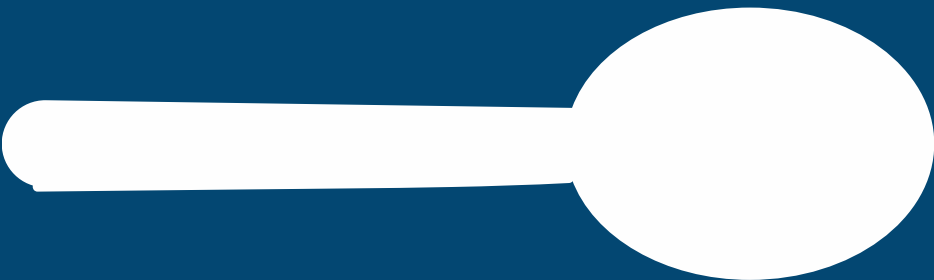
Benefits

- Fine and Gross Motor Skills, Concentration, Sequencing
- Put template on table and have the person match the items to the icon on the template.
- Demonstrate first and then observe what they can do.
- Label each item used.



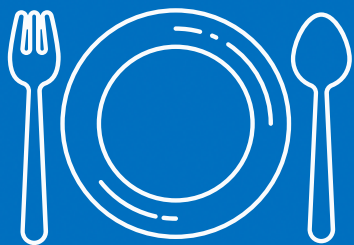
Template (Provided on Next Page)





EXAMPLE INVITATIONAL SIGNS

Please set the
table.



Please grind the
coffee.



Please cut the
carrots.



Please squeeze
the oranges.



Place invitational signs like these in front of the task as this will encourage the person to engage in mealtime activities while bringing purpose to their daily life.