**Eating Program 20\_\_ \_\_**

* D needs the following equipment for each meal;

Placemat, plate/bowl, spoon/fork, drink bottle

* He should be encouraged to eat all meals at their desk. He may require redirecting to sit or remain seated at his desk. If D is highly agitated and distressed AND requesting food then he may eat outside.
* D eats a limited range of foods. He eats a hot meal for lunch, which is usually a spaghetti meal.
* While D can feed himself he requires small size portions to be served.
* D tends to chew and spit out foods at all times. He will also smell all food. He requires the drop sheet under his seat/desk when eating.
* D needs to drink plenty of fluids. D will drink independently from his drink bottle and will make many requests throughout the day for “Apple Juice”. There is also a 2nd bottle of apple juice in his bag and the blue drink bottle can be refilled when necessary.
* D needs a staff member to closely monitor him when eating.
* D will need assistance with all wrappers and packages.
* Be aware that D has a history of throwing food/containers/plates etc if angry or upset.

Procedure.

1. Indicate that it’s time to eat by giving the cue “D lunch time” while showing him the photo of his lunch box OR D may request a desire to eat by making a verbal request of “Morning Tea?” OR D may take out their lunch box and take it to his desk indicating a desire to eat. If so always model the cue ”D, are you hungry? Do you want morning tea?” D will give a verbal response of Yes or No.
2. Place the lunch box in front of D. We always encourage him to make a choice at all times so allow D time to select a preferred food choice. He will indicate choice by taking the desired food item or may request “fruit” which is a fruit snack pack. Always give verbal praise “Good D” at all times.
3. D may engage in an array of sensory behaviours when eating. These may include spitting out food after chewing, sniffing ALL foods served to his SIB’s: hitting the desk with his hand or flapping a piece of ribbon. These are all quite typical for D.
4. For Morning Tea D eats food from his red lunch box. D usually eats and array of the foods provided and tends to eat the fruit snack pack or yoghurt first. D needs all foods to be served in small amounts so to minimise gorging or decrease the amount of food spills.
5. For lunch D has a pasta meal, fruit and other foods and a drink. Lunch is in the clear clip on lid lunch box in his bag. The pasta will need to be slightly heated. D may also be offered any food that may not have been eaten at recess.
6. Always indicate to D that he has finished eating by giving the sign for “finished” with the verbal cue “Good man D. You have finished your lunch.” D should then be encouraged to take his plate to the sink or return his lunch bag to his bag.
7. His desk will need to be wiped down and staff will need to sweep up food from under his desk/chair. This should be done immediately after he has finished eating.

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