



Visual Support Guide: Food and Drink

What?

These are pictures of foods and drinks children may have during meals. You can use these visuals at meal and snack times to support children in making choices and communicating with others.

Why?

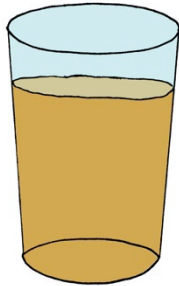
- Meal and snack times offer an excellent opportunity for children to practice requesting a food or drink. Using pictures to communicate helps support children who difficulty understanding or using language.
 - Some children may have a difficult time making a choice from the available mealtime foods or drink. A “menu” of visuals to select from may help in making choices.
 - Some children have a difficult time asking for more food. Pointing to a visual symbol or showing it to someone is an effective way for a child to make a request.

How?

- Make food and drink visuals.
 - Select the picture symbols that represent the foods and drinks that are part of meals or snacks in your setting.
 - Place them together on a single sheet of paper to create a chart or cut out individual cards to laminate. Consider translating the names of foods into all the languages spoken by the children in your program or make separate pictures for each language.
- Use the food and drink visuals.
 - At meal or snack time, show the child pictures of the foods and drinks available that day.
 - Ask the child to point to the picture of a food or drink. You can say, “What would you like to eat today?”
 - If the child doesn’t respond, offer a choice. You can say, “Would like apple sauce or a banana?” and point to each symbol as you say the word.
 - Be sure to wait long enough for the child to answer. If necessary, repeat the question adding hand gestures and facial expressions.

Food and Drink

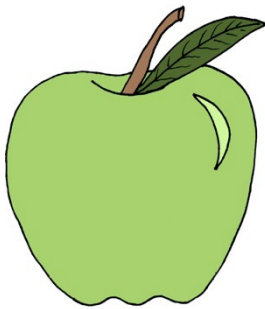
Apple Juice



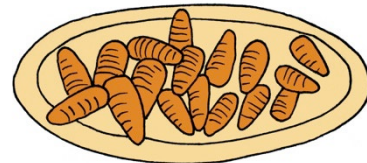
Apple Sauce



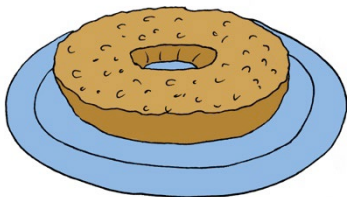
Apple



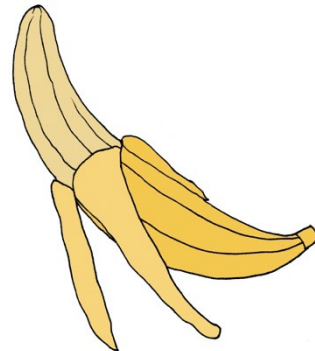
Baby Carrots



Bagel

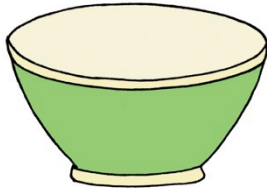


Banana

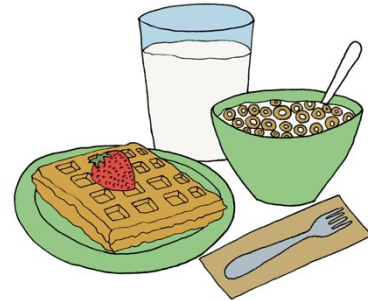


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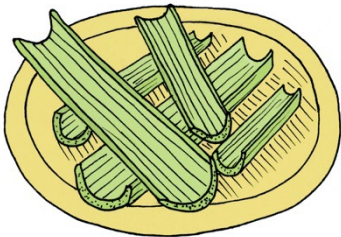
Bowl



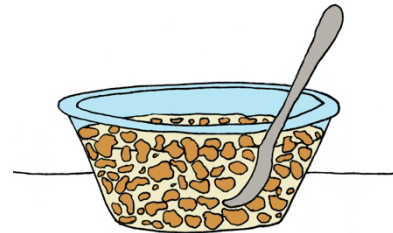
Breakfast



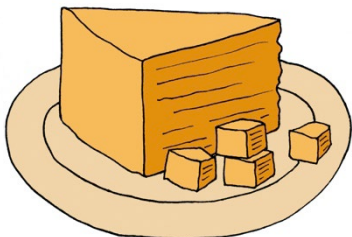
Celery



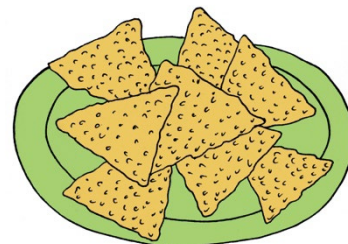
Cereal



Cheddar Cheese

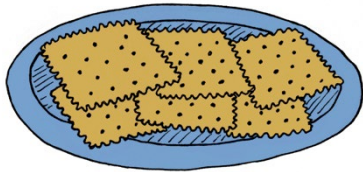


Corn Chips



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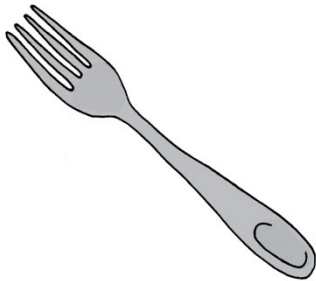
Crackers



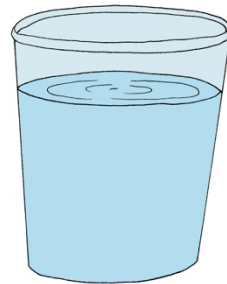
Cream Cheese



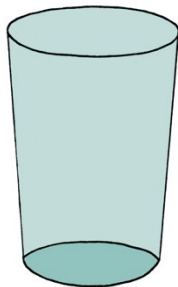
Fork



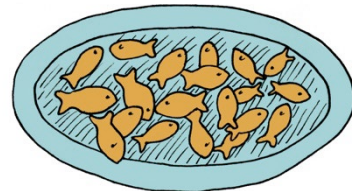
Glass of Water



Glass



Goldfish Crackers

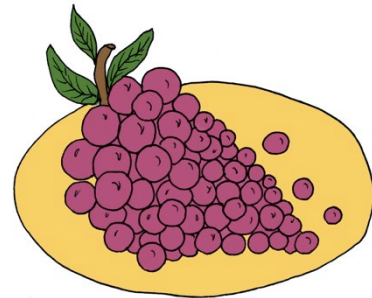


Food and Drink

Granola Bar



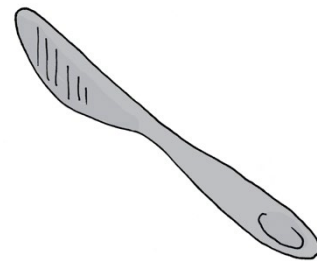
Grapes



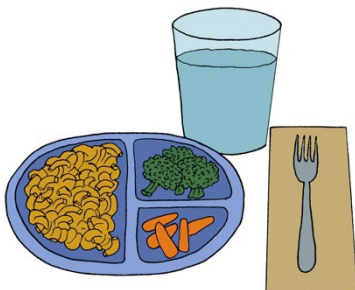
Jam



Knife



Lunch

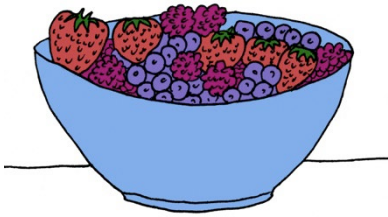


Milk

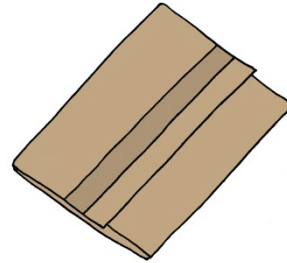


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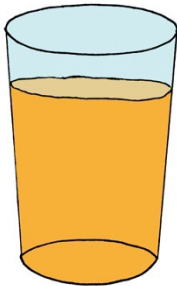
Mixed Berries



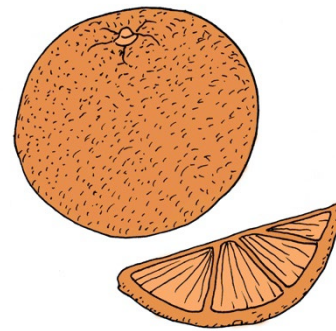
Napkin



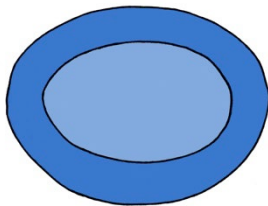
Orange Juice



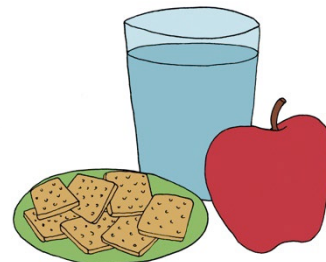
Orange



Plate

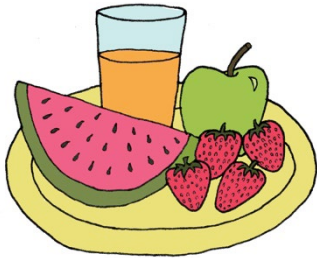


Snack



Food and Drink

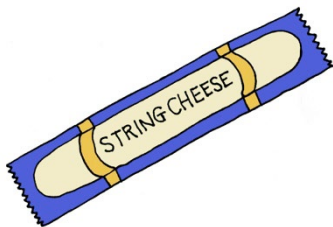
Snack



Spoon



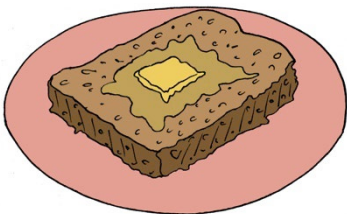
String Cheese



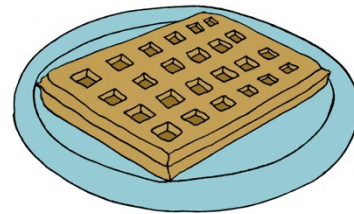
Maple Syrup



Toast

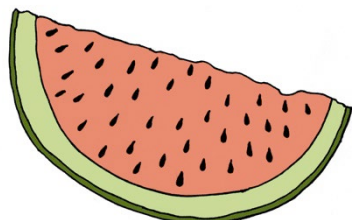


Waffle



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Watermelon



Yogurt

