Food Ideas: Forkable Foods

It takes some practice for children to get comfortable using a fork, because forks require a different type of eye-hand coordination than spoons. You can help your child practice fork skills by providing foods that make success easier.

Tips for Beginners

- Cut up food into small, bite-sized pieces.
- Try to offer foods that won’t fall apart easily. For example, a piece of meat is easier than a casserole.
- Make sure food isn’t overcooked. Overcooked food can become too soft to pick up easily with a fork.
- Avoid foods that roll around, such as peas. These kinds of foods would be easier to eat with a spoon.
- Use a child-sized fork.
- Make sure the prongs of the fork are blunted to prevent injury.
- Avoid giving a young child a plastic “picnic” fork. These can easily break in the mouth and cause injury.
- Try using a plate with curved, raised edges to help keep food on the plate. This will aid in reducing feeding frustrations.
- While your child is learning to use a fork, allow some time for practice, but don’t let the meal drag on. This can cause discouragement. Mealtimes still should be enjoyable.
- Give praise for your child’s accomplishments.

A Few Fork-Food Ideas

- french toast
- waffles
- peanut butter pieces (peanut butter spread on whole-wheat bread and cut into small pieces)
- grilled-cheese sandwich
- pancakes (If your child doesn’t eat a lot of vegetables, go ahead and add some grated zucchini to the batter.)
- chunks of chicken
- turkey dogs (cut in half lengthwise and then in bite-sized pieces to prevent slipping)
- small slices of fresh fruits (melons are a good texture for beginners)
- tender bits of meat
- cubes of cheese
- steamed vegetables (such as broccoli florets, cut-up whole green beans, or potato pieces). Be careful not to overcook, to avoid mushy, hard-to-fork foods.

Special Instructions

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