

Food



Why use photos of food?

- Photos can help reduce anxiety when choosing food especially to reassure a child that they will get the choice they want.

How to use

- If a child is choosing from a selection of pictures, such as a school menu, consider how to make sure he will definitely get his choice.
- Pictures as with any other schedule can also aid structuring the order in which food is to be eaten if this is an issue.

Where next?

- Photos can be used to help children choose from a menu or make a food selection in a café.
- Photos can be used to explain what options are available when the first choice is not there.