

STAR Autism Support



Free Webinar

Making the Most Out of Mealtime

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Resources

STAR Newsletters (English and Spanish):

- [Preparing for Holiday Celebrations](#)
- [Sign up for our Newsletter!](#)

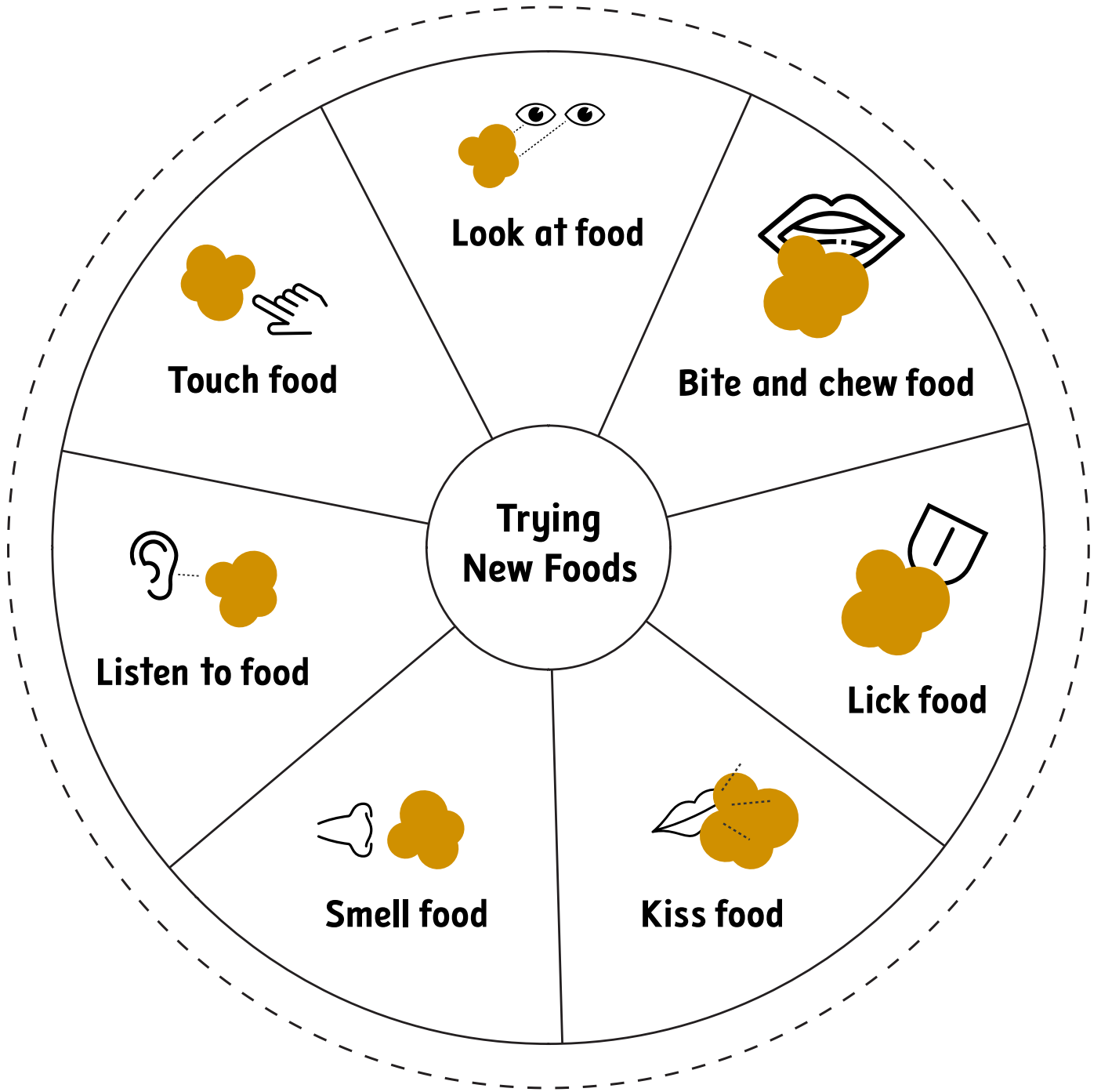
Hunger Scale Options:

- [Denver Health](#)
- [Alberta Health Services](#)

National Autistic Society:

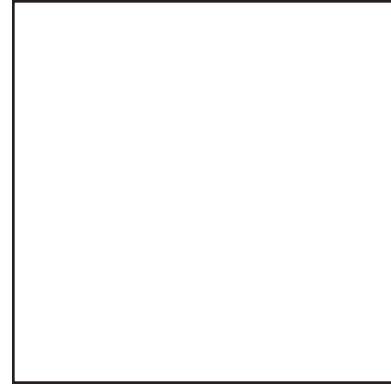
- [Supporting Autistic People with Eating Difficulties](#)



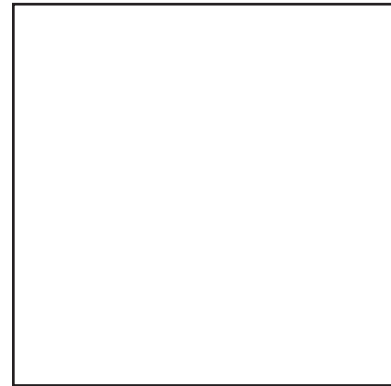




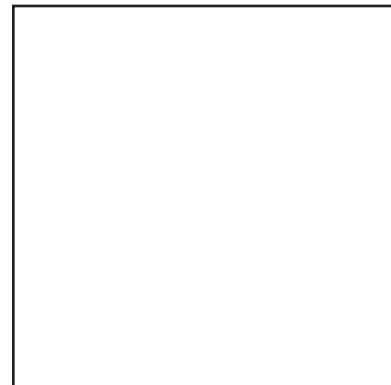
I want



I want



I want





Fruit



Yogurt



Smoothie



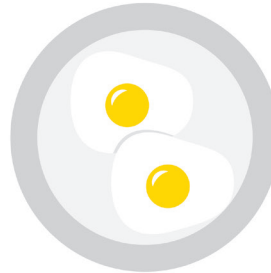
Oatmeal



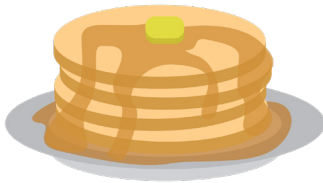
Cereal



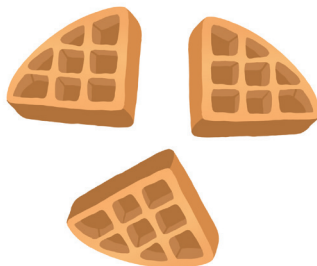
Eggs



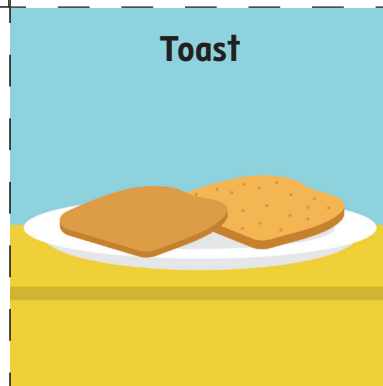
Pancakes



Waffles



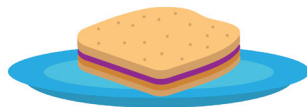
Toast



Vegetables



Sandwich

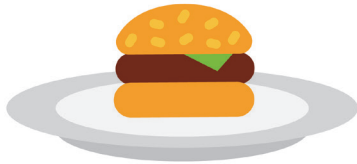


Pasta

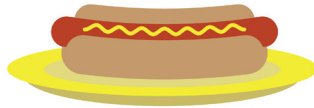




Hamburger



Hot dog



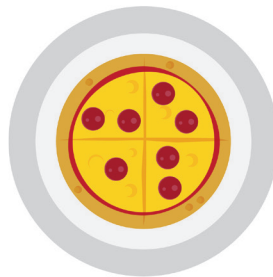
Wrap



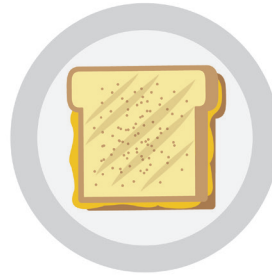
Soup



Pizza



Grilled cheese



Chicken nuggets



Salad



Water



Juice



Milk



Soda





Fruit



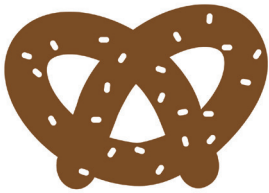
Vegetables



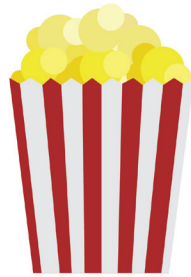
Trail mix



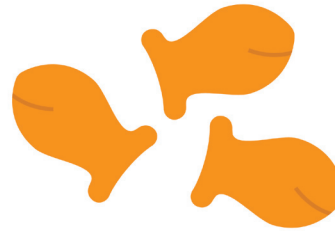
Pretzel



Popcorn



Goldfish crackers



Fruit snacks



Chips



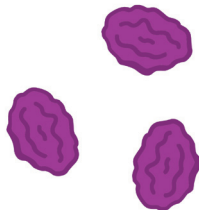
Crackers



Cheese



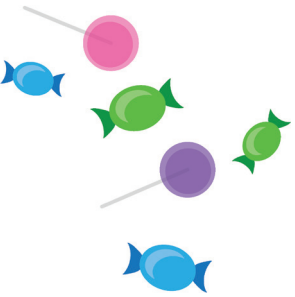
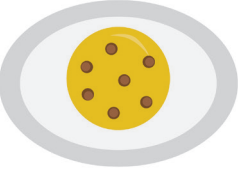


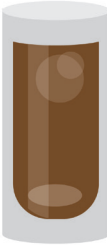


Raisins

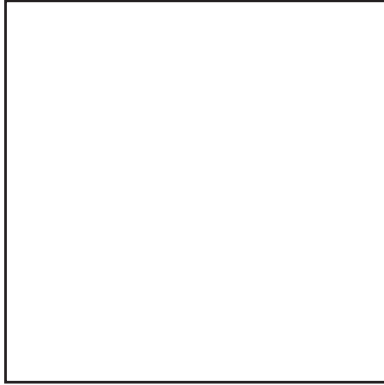


Granola bar

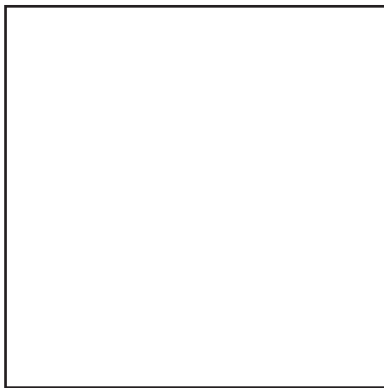




<p>Candy</p>  A collection of colorful candies including a pink lollipop, a blue fish-shaped candy, a green wrapped candy, a purple wrapped candy, and another blue fish-shaped candy.	<p>Cookies</p>  A round chocolate chip cookie on a white plate.	<p>Pudding</p>  A bowl of yellow pudding.
<p>Juice</p>  A tall glass filled with orange juice.	<p>Water</p>  A tall glass filled with clear water.	<p>Soda</p>  A tall glass filled with brown soda.
<p>Milk</p>  A glass bottle of milk with a red cap.	<p>Surprise</p>  A cartoon character with a surprised expression, wearing a yellow shirt, surrounded by a blue starburst shape with question marks.	



No Thank You



No Thank You

No Thank You

No Thank You






No Thank You

No Thank You


No Thank You

No Thank You

Cut along dotted line and laminate. 

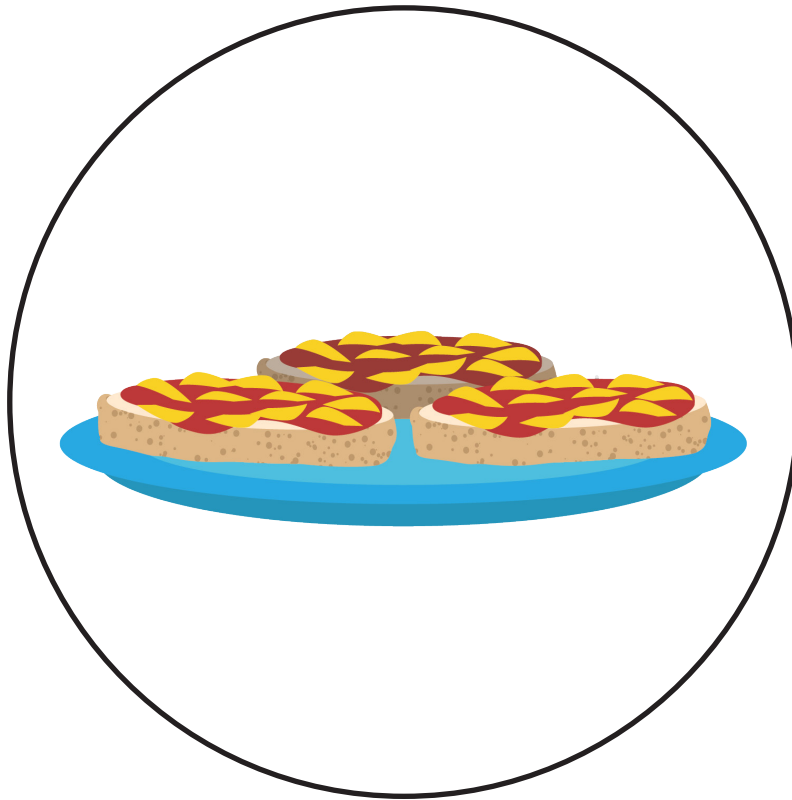
Identify recipe	Read recipe	Get ingredients and equipment	Make food	Put away ingredients and equipment
				

Cooking Routine

 © Star Autism Support 2016. LINKS: Cooking

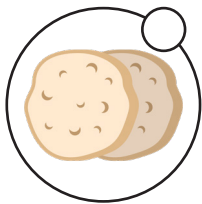
English Muffin Pizza Recipe

(1 serving)



Ingredients and Materials

Draw a checkmark beside each ingredient or material that you gather for the recipe.



English muffin



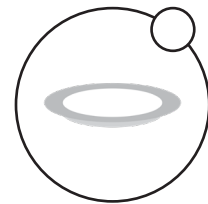
Tomato sauce
(1.5 cups)



Shredded cheese
(2 cups)



Plastic knife



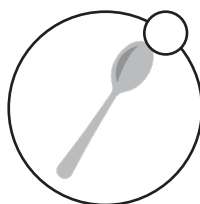
Plate



Toaster



Microwave



Spoon



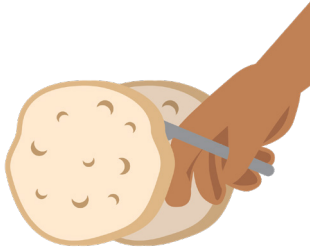
Oven mitt

English Muffin Pizza

Recipe

✓ As you complete a step of the recipe, draw a checkmark next to that step.

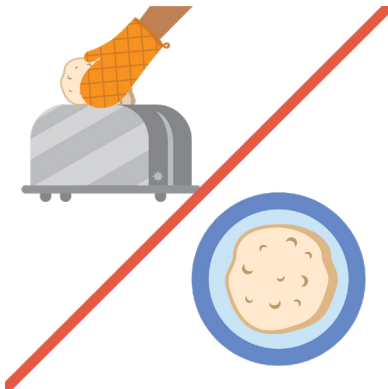
1 Using the knife, cut or pry apart the English muffin so you have 2 slices.



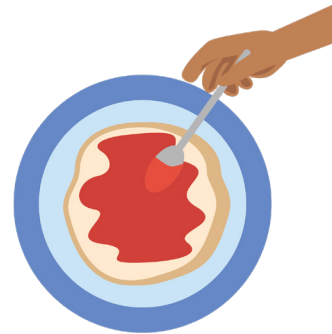
2 Place both English muffin slices in the toaster for 1–3 minutes.



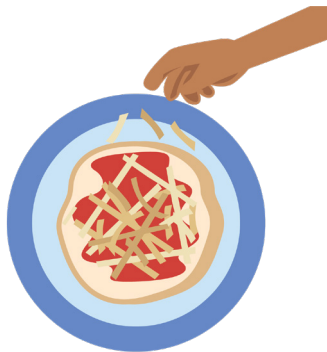
3 Using an oven mitt, remove the English muffin slices from the toaster and put them on a plate.



4 Using the back of a spoon, spread tomato sauce on each English muffin slice.



5 Sprinkle cheese over the tomato sauce on both slices.



6 Place the plate in the microwave for one minute.

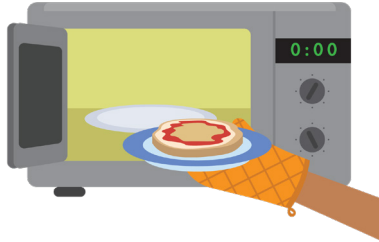


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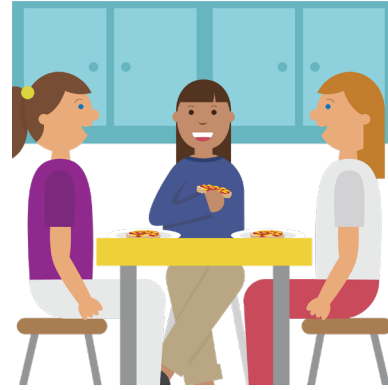
English Muffin Pizza

Recipe

7 Using an oven mitt, remove the plate from the microwave.



8 Let cool, eat, and enjoy!



Mealtime Rules

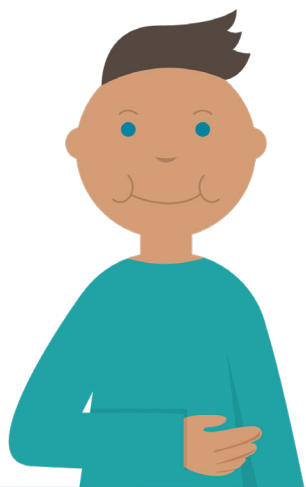
Stay in chair



Use utensils to eat

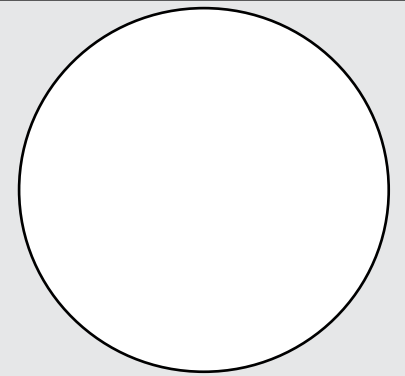
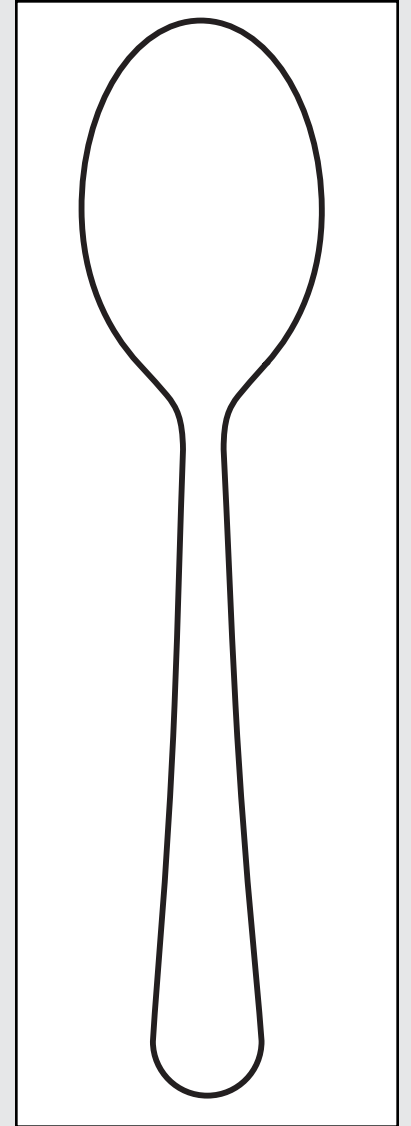
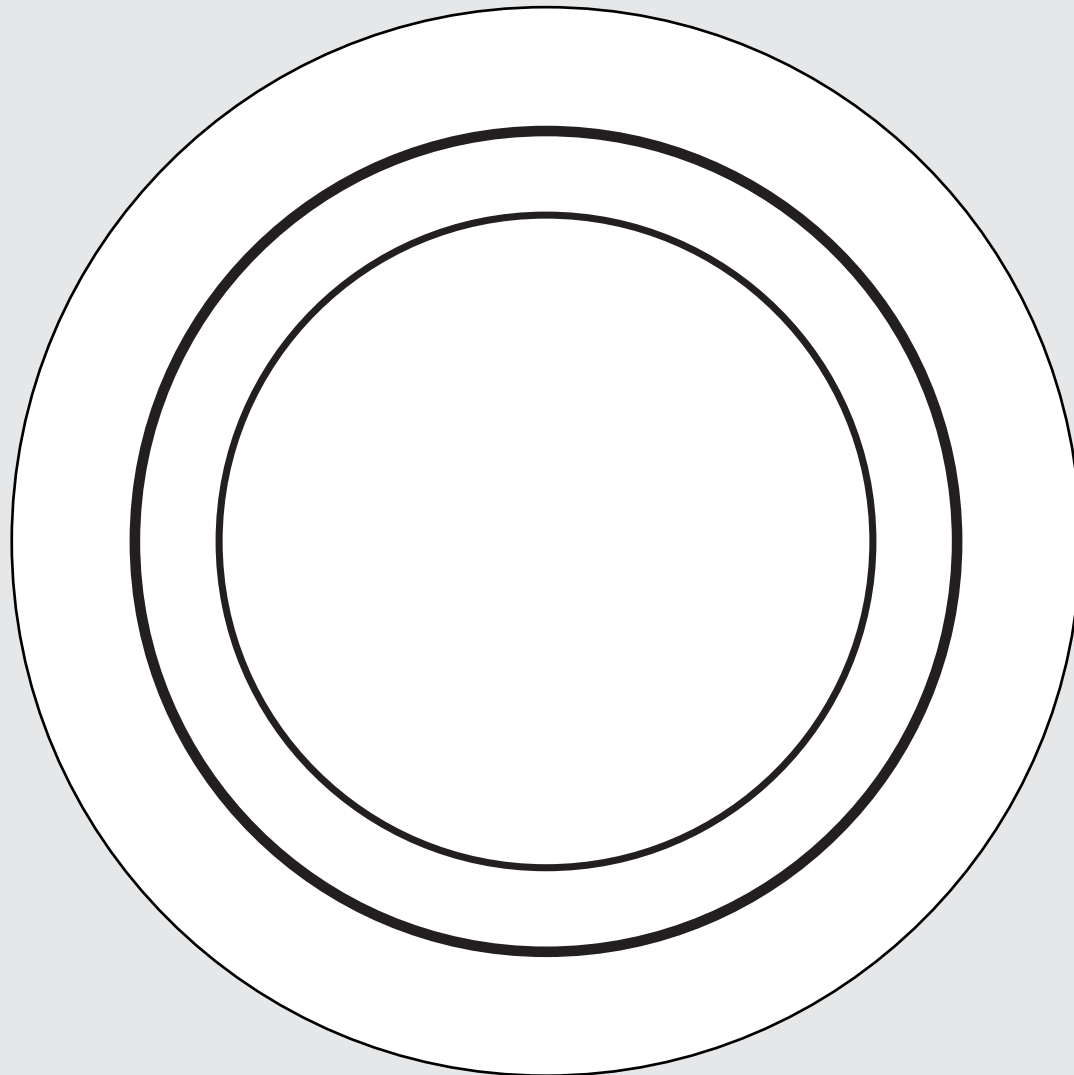
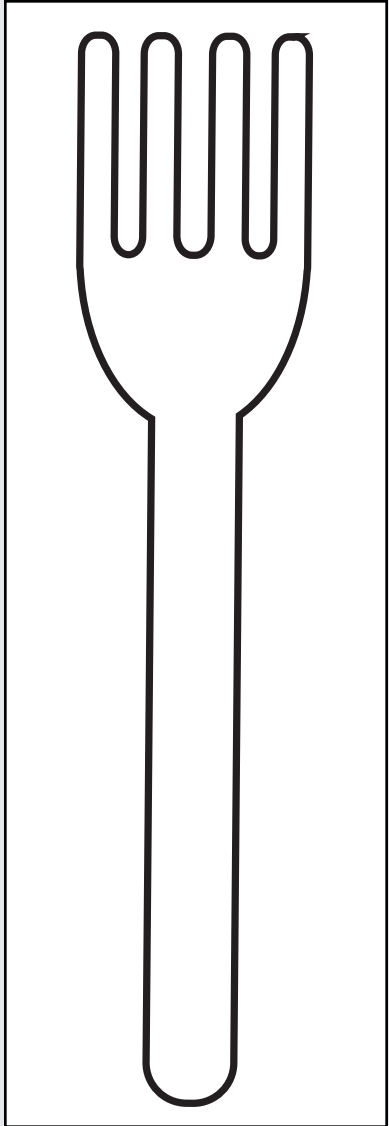


Chew with mouth closed



Keep food on plate







1

2

3

4

5






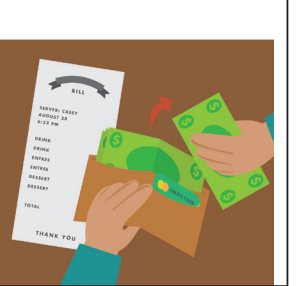


Mealtime Pacing Visual

©STAR Autism Support 2021.

Cut along dotted line and laminate.



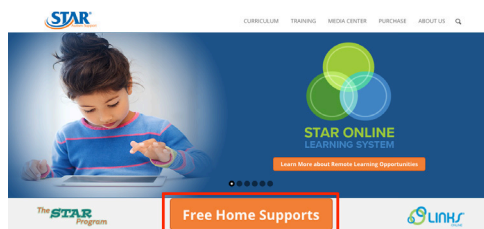
Go to restaurant	Wait in line	Go to seat	Choose food items	Eat	Pay for food
					

Eating at a Sit-Down Restaurant with a Peer Visual Strip

© Star Autism Support 2017. LINKS: Eating Out

FREE HOME SUPPORTS

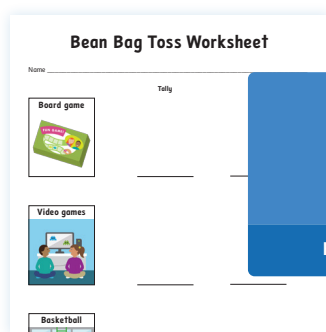
Presented by STAR Autism Support



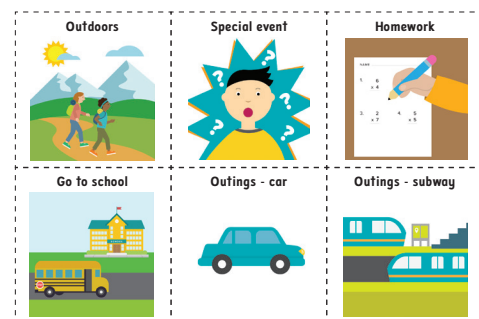
Go to our website and click on Free Home Supports.
It's the orange button!

Website:

www.starautismsupport.com



Looking for materials and resources to help your child practice skills at home? These activities and worksheets are available to download or print. REELs are interactive presentations that will guide you through appropriate activities for your child.



Visual supports can help your child learn what to do in social situations or help them handle transitions better at home or in the community.

Click on Home Visual Supports for access to visual supports for behavior, staying safe and healthy, learning from home, social skills, family routines, community skills, and current events.



Want to learn some quick strategies for teaching your child routines or motivating them at home?

Click on Home Support Webinars for access to six short informational sessions. These include information on:

**Routines • Motivation • Schedules • Visual supports
Prompting • and more!**

