

Sew Yummy Sensory Foods

Food play in occupational therapy



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Purpose

Sew Yummy sensory food items are for children who are classified as avoidant eaters who have a limited amount of food preferences or children who may have difficulties with sensory integration. Children like to explore, touch and play before they taste (Isbell, C. and Isbell R.T., 2007). The Sew yummy sensory foods can be used as a pre-feeding activity for children who are exploring new foods. The activities will provide the children with food awareness, they will be given opportunities to learn about the food, look it at it, touch it and play with it. Playing and exploring food items will make the food appear as less threatening for the child when they are approached with the real food. The different textures of fabric of the Sew Yummy food items are designed to feel like the real food items. The various textures will assist with sensory integration and tactile discrimination. The sensory foods can also be used with typically developing children or children with delays to develop pretend play skills, identification skills, and calculation skills. The Sew Yummy items are interactive and multifunctional.

Activities

- **Pretend Play with Food**

- Pretend cutting: Therapist and client participate in pretend play cutting with plastic knife. Therapist and child discuss important safety while using utensils. They can look at the individual slices and talk about the texture on the outside of the food item versus the inside of the food item. This activity encourages the client to use hand eye coordination when cutting. It also encourages the client to use sensory awareness when looking at various textures of the food item. It requires the client to think about directions and perform what they are asked to do in a careful manner, which addresses conscientiousness.
- Pretend cooking & eating: Therapist and client participate in pretending to cook the food and serve it to each other. They can talk about how the food would feel if they put it in the freezer or if they put it in the oven. In this activity they can also pretend to eat the food or feed a baby doll and discuss the food. What does it taste like, what does it smell like, how does it feel in your mouth? This activity encourages social interaction while pretend playing with others. It also addresses role performance since the client can act as a cook.

- **Food Toss**

- Therapist and client can pretend they are tossing pizza dough using the pizza crust. They can toss the pizza crust back and forth to each other. The potato can also be used to play the hot potato game. This activity addresses joint mobility when the client is moving their arms and body to toss and catch food. It also encourages the client to maintain attention when participating in the activity.

- **Count How Many Colors Are in the Food**

- Therapist can use the food to encourage clients to identify colors of the foods. They can count the different colors of food, or count the individual pieces of foods. This activity can be graded by the amount of food presented to the client. This activity will address the performance component of calculation when they are counting the food. It will also address the performance component of recognition when the client is identifying the colors.

- **Food Identification and Food Categorization**

- Client can be provided food and asked to identify what each food item is. To grade the activity the client could be asked to sort the food items by category. Category could be simple such as vegetable and fruit or it could be made complex adding starches and meats. This activity will address the performance component of concept formation when identifying the foods. It also could encourage reach if items are placed at a distance for the client to reach across their body, in front of themselves or behind themselves.

- **Carry the Food on the Lunch Tray**
 - Client can use the top of the food storage bin as a lunch tray. They can stack food on their tray. The therapist can challenge them to walk a tape line without dropping their food. The therapist and client can race to see who gets to the end of the line without dropping the food on their trays. The therapist could also time the client during each try to encourage the client's performance. Another balance activity the therapist and client could do together is to balance the ice-cream scoops on the ice cream cone. This activity addresses motor planning as the client has to develop a motor plan on how to walk while balancing the food. It also encourages the client to be aware of their body scheme; if the food is tilting one direction they can tilt the tray in the opposite direction to correct the imbalance.
- **Set the Table**
 - Client can use plates and utensils to set the table to prepare for a meal. The therapist can provide the client with a table setting picture and the client can imitate the picture. The client and therapist can pretend they are at a restaurant and the client is the server. This activity will address the performance component of organization since the client will be organizing the table settings into specific places. It will also encourage bilateral integration when the client is reaching to set out the place settings using both hands to complete the task.
- **Create a Meal**
 - Client can create meals using food set out by the therapist. This activity can be directed in many ways by the therapist. The therapist can provide the client with directions to follow, they can ask the client to develop their own menu of breakfast lunch and dinner depending on what would be appropriate for the client. This activity will encourage the client to follow directions when creating the meal. It will also address the performance component of sequencing using the first, then cues to create the meal.
- **Silly Faces and Creatures**
 - Client can use food pieces to make faces with the food on their plate. They can use fruit pieces with pancakes or pizza toppings with the pizza crust to make faces. A combination of the food items can be used to create a food creature. Therapist can model how to do this activity and show client how fun it can be. This activity encourages the client to use creativity when decorating or creating a food creature. It can also be used as a strengthening exercise if you have the client perform the activity in various positions to strengthen specific muscles.

Make Your Own: Materials

Materials Used:

- Small beads to add texture to fruit or other food that have bumps
- All purpose string in various colors to match fabric
- Polyester stuffing
- Various fabric pieces with different textures
 - Fabric materials used in this project vary depending on what textures were desired for specific foods. For this project materials were chosen from trips to fabric stores and testing out the different fabrics while thinking about specific foods. Color recommendations will be listed on each individual food step-by-step directions.

Tools Used:

- Sewing Machine (not necessary, but it speeds up the sewing process)
- Scissors
- Various sizes of hand sewing needles (if you have thick fabric you will need a large needle)
- Food patterns and instructions
- Sewing pins

Special Note:

Creating these food items is time consuming; give your self ample time to create the items. It requires patience, attention to detail and fine motor skills for hand sewing. If it does not work once, don't get discouraged and try again. The patterns look weird/odd when they are first created. Before judging your work, stuff your food item to give your self an idea of what it looks like. Lastly, have fun and relax!

Make Your Own: Directions-**Breakfast Foods**

Pancakes, pattern pg.25: fabric-tan; string- tan



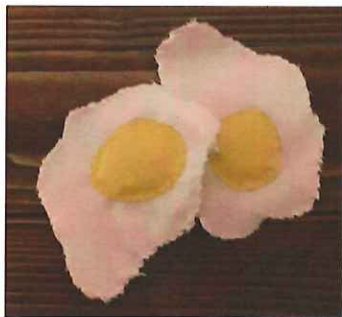
Step 1: Trace and cut out 2 of each pancake patterns.

Step 2: Using a whip stitch, hand sew, or machine sew the two pancake pieces together, leaving a hole on one side.

Step 3: Stuff the pancake through the hole minimally, you want the pancake to be able to sit flat, so other food items can sit on top of them.

Step 4: Hand sew the hole once stuffed using a whip stitch.

Egg, pattern pg.25: fabric- white and yellow; string- yellow and white



Step 1: Trace and cut 1 egg yolk on yellow fabric and 2 egg whites on white fabric. This pattern makes 1 egg. Repeat steps to create multiple eggs.

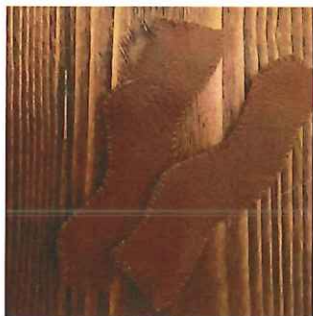
Step 2: Place the yolk piece on top of the white egg piece. You can place the yolk directly in the middle, however it looks more realistic if you place it near one side.

Step 4: Using a running stitch, hand sew the yolk onto the egg white, do leave an open space for stuffing.

Step 5: Stuff yellow circle, to give it a mushy feeling and continue to hand sew the hole.

Step 6: Use a whip stitch to sew or machine sew the 2 egg white patterns together, keep yolk side facing up. This is to hide stitching from the yolk on the bottom of the egg white.

Bacon, pattern pg.25: fabric- dark brown or red brown; sting- dark brown or red brown



Step 1: Trace and cut 2 bacon pattern pieces.

Step 2: Using a whip stitch hand sew or machine sew the two pieces together leaving an open space to stuff.

Step 3: Stuff bacon to desired thickness. Stuffing used can be whatever material desired to give the bacon a crunch feeling.

Step 4: Hand sew the opening using a whip stitch.

Make Your Own: Directions- Fruits

Banana with Peel, pattern pg.26: fabric- pale yellow, bright yellow & white; String- yellow



Step 1: Trace and cut 2 pieces of the banana pattern B1 on the pale yellow fabric this will create the banana. Trace and cut 3 pieces of banana pattern B2 on bright yellow fabric, it will be the outside of the banana. Trace and cut 3 pieces of banana pattern B2 on white fabric, this will be the inside of the banana peel.

Step 2: Start with the banana. Place the two pieces of the banana (B1) on top of each other. Hand sew using a whip stitch or machine sew, the two pieces of pale yellow fabric together, leaving a space to flip the banana right side out.

Step 3: Once sewn, flip banana right side out and generously stuff banana. Hand sew banana closed with a whip stitch.

Step 4: To create the peels. Match each outside of the banana peel (yellow B2) with the inside piece of the banana peel (white B2).

Step 5: Place one piece on top of the other and, hand sew using a whip stitch or machine sew the outside of the peel and inside of the peel together. Do this to all of the 3 pieces.

Step 6: Align the sides of two of the peel pieces, white fabric facing out. Hand sew with a whip stitch or machine sew the sides together. Only sew about half way to two thirds of the way up. This will allow for the banana peel to be open. After first 2 peels 1 side are sewn together sew the reminding 2 sides to the 3rd peel.

Step 7: Flip the banana peel right side out (yellow side out), place the banana inside the peel and admire your hard work.

Banana slice, pattern pg.26: fabric- pale yellow; String- yellow & brown



Step 1: Trace and cut 2 pieces of the banana slice pattern B3.

Step 2: Place one piece on top of the other and sew the 2 pieces sides together leaving an open space to flip right side out. This can be hand sewn with a whip stitch or machine sewn.

Step 3: Flip piece inside out and stuff generously.

Step 4: Hand sew the banana slice shut using a whip stitch.

Step 5: Hand sew using brown string and running stitches the design shown below onto the top center of the banana slice. This will make this piece look like a realistic banana slice.

Make Your Own: Directions-Fruits

Whole Apple, pattern pg.26: fabric- red, brown, & green; string-red, brown & green



Step 1: Trace and cut out 4 pieces of pattern apple body (A1) on red fabric, 1 stem(A2) on brown fabric and 1 leaf (A3) on green fabric.

Step 2: Align the sides of 2 pieces of the apple body, by placing one on top of the other. Hand sew pieces together with whip stitch starting $\frac{1}{4}$ of an inch from the top of one side and all the way to the bottom of the same side. Do the same thing with the remaining 2 pieces. Once complete you will have two halves.

Step 3: Open up each half and then match up the sides together. Whip stitch from the top to the bottom on one of the seams. Then match the last two open seams together and stitch this final seam to create the apple. * remember the top of the apple should remain open *

Step 4: Turn the apple right side out and stuff the apple generously.

Step 5: Use piece A2, the stem. Tightly roll up the piece. Sew the tight roll using a running stitch down the stem, do this twice to make sure stem roll is secure. Place stem in apple top opening, hand sew apple shut using a whip stitch. Make sure when sewing shut to secure stem to apple.

Step 7: Use piece A3, the leaf. Place leaf near the stem. Hand sew the leaf onto the apple with a running stitch.

Apple halves, pattern pg.27: fabric- red & white; string- red, black & white; black beads



Step 1: Trace and cut, 1 apple peel (A4) on red fabric, 1 apple fruit (A5) on white fabric and 1 apple core (A6) on white fabric. This pattern will make one slice repeat for multiple slices.

Step 2: Place the apple core piece in the middle and on top of the apple fruit. Hand sew core onto apple fruit using a running stitch.

Step 3: Sew beads on the core. Estimate a place where you would like the seeds and mark the location lightly. Hand sew 1 black bead on each side and in the middle of the apple core. Refer to photo.

Step 4: Align the side of the apple peel (A4) and the apple fruit (A5) by placing one on top of the other. Hand sew sides together with whip stitch starting at the top of the fruit. Once half way down the apple alternate to sew the opposite side together. This is the difficult part you will need to hold the apple fruit in half so the apple peel and apple fruit meet.

Step 5: Once both sides of the apple is sewn halfway stuff the apple generously. Then continue to sew the sides together using a whip stitch, until the apple slice is closed.

Make Your Own: Directions and Patterns- Fruits

Kiwi halves, pattern pg.27: fabric- brown, green & white; string-brown & white



Step 1: Trace and cut 6 peels (K2) on brown fabric, 1 kiwi fruit (K1) on green fabric, 1 kiwi center (K3) on white fabric. This pattern makes one kiwi half.

Step 2: Place the kiwi center (K3) on top of the kiwi fruit (K1). Hand sew centerpiece using a whip stitch. Then sew radiating stitches of white and black stitches from the center out. This will give the fruit details to make it look more realistic.

Step 3: Align sides of 2 pieces of the kiwi peel (K2), with outside of peel facing the inside. Hand sew peel pieces together using a whip stitch. Continue this until all 6 pieces are sewn together making a little “bowl”.

Step 4: Flip right side out.

Step 4: Place the kiwi fruit (K1) on the top opening of kiwi peels, use a whip stitch to hand sew the kiwi fruit to the kiwi peel. Sew $\frac{3}{4}$ of the way round, then generously stuff the kiwi and finish the whip stitch.

Whole Pear, pattern pg.27: fabric- light green, green & brown; string- green & brown



Step 1: Using pattern, trace and cut out 4 pieces of the pear body in light green fabric. Cut out 1 stem and 1 pear bottom with brown fabric. Cut out one leaf with green fabric.

Step 2: Start by aligning the sides of the 2 pieces of the pear body. Hand sew with whip stitch starting $\frac{1}{4}$ of an inch from the top of one side all the way to the bottom of the same side. Align the 3rd and 4th pieces and complete using the same process. * The top of the pear should remain open and the bottom should be sewn shut *

Step 3: Turn the pear right side out and generously fill with stuffing.

Step 4: Attach brown circle to the bottom of the pear by hand sewing it by using a whip stitch.

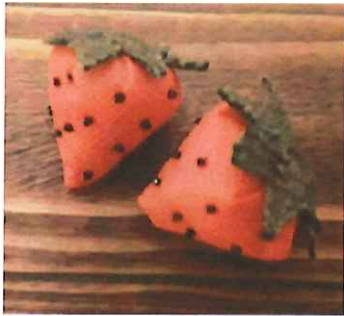
Step 5: Using the stem piece. Tightly roll up the piece. Sew the tight roll using a running stitch down the stem, do this twice to make sure stem roll is secure.

Step 6: Insert stem into the opening of the pear. Hand sew the top of the pear shut using the whip stitch, in the process secure the stem into place.

Step 7: Find desired location near the stem to place the leaf. Hand sew leaf to pear near the stem using a running stitch.

Make Your Own: Directions- Fruits

Strawberry, pattern pg.28: fabric- red & green; string- red, green & black; black beads



Step 1: Trace and cut out 1 piece of the whole strawberry pattern S1 on red fabric and 1 piece of the strawberry top on green fabric.

Step 2: Fold whole strawberry pattern (S1) in half and sew edges together using a whip stitch. This can also be done in a sewing machine. Make sure to leave the top open and secure the bottom tip of the strawberry.

Step 3: Turn the strawberry right side out and generously stuff.

Step 4: Sew a running stitch around the top edge of the strawberry. Once complete pull the string so it is taught and tie off string.

Step 5: Place the strawberry top over the top of the strawberry that was taught. Use a running stitch to attach the strawberry top to the strawberry.

Step 6: Add black beads to represent the many seeds strawberries have. Start by poking the needle through the strawberry in a random location. Place a bead on the needle and thread it down to the strawberry. Continue this until you have desired amount of seeds on the strawberry body.

Strawberry half, pattern pg.28: fabric- red & pink; string- red, white & black



Step 1: Trace and cut out 1 strawberry fruit S2 on pink fabric, 1 core S5 on white felt and cut 1 strawberry peel S3 on red fabric. This pattern makes one strawberry half. Repeat steps to create multiple.

Step 2: Using a running stitch to sew piece S5 the strawberry core.

Step 3: Hold the strawberry fruit piece in half; align one side of the strawberry peel with one side of the strawberry fruit. Hand sew pieces together with a whip stitch starting $\frac{1}{4}$ from the top of one side

and all the way to the bottom. Do the same thing with the opposite side of the strawberry fruit and strawberry peel.

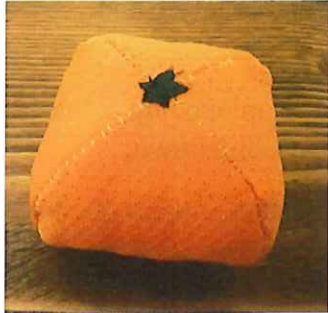
Step 4: Generously stuff the strawberry through the opening.

Step 5: Hand sew the opening of the strawberry with a whip stitch aligning the sides

Step 6: Add black beads to represent the many seeds strawberries have. Start by poking the needle through the strawberry in a random location. Place a bead on the needle and thread it down to the strawberry. Continue this until you have desired amount of seeds on the strawberry body.

Make Your Own: Directions-Fruits

Whole orange, pattern pg.28: fabric- orange & green; string- orange & green



Step 1: Using the whole orange pattern trace and cut, 4 pieces or the orange body, O1 on orange fabric and 1 orange top on green fabric.

Step 2: Align the sides of 2 pieces of the orange body, O1, by placing one on top of the other. Hand sew pieces together with whip stitch starting $\frac{1}{4}$ of an inch from the top of one side and all the way to the bottom of the same side. Do the same thing with the remaining 2 pieces. Once complete you will have two halves that will become a whole.

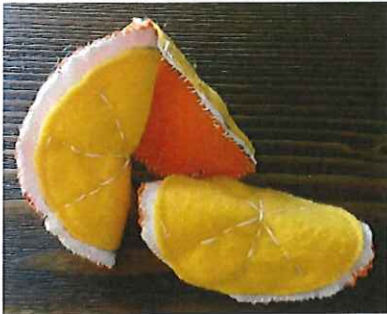
Step 3: Open up each half and then match up the right sides together. Whip stitch from one point to the other down on one of the seams. Then match the last two open seams together and stitch this final seam to create the orange. * Remember the top of the orange should remain open and the bottom of the orange should be sewn shut *

Step 4: Turn the orange right side out and stuff generously.

Step 5: Hand sew the top of the orange using a ship stitch.

Step 6: Place green top piece on the top of the orange in the center. Using a running stitch sew the piece to the top of the orange

Orange Slice, pattern pg.28: fabric- orange, light orange & white; string- orange & white



Step 1: Using the orange slice pattern trace and cut out 1 of pattern O3 on orange felt and 1 of pattern O2 on white felt, both of these patterns together will create the orange fruit on the slice. Trace and cut out 1 of the orange peel pattern O4 on orange fabric. This pattern makes once orange slice repeat steps to make multiples.

Step 2: Sew the O3 orange circle on top of the O4 white circle, using a running stitch or sewing machine.

Step 3: Use a running stitch and sew 2 diagonal lines and one straight line on the circle to give the orange slice some detail. Refer to photo.

Step 4: Hold the orange center piece in half and align one of the orange peels sides with the fruit side. Began sewing down the slice using a whip stitch. Stop $\frac{1}{4}$ of an inch from the bottom and sew the opposite sides together.

Step 5: Use open hole to generously stuff with stuffing. Using a whip stitch continue to sew orange slice shut.

Make Your Own: Directions- Fruits

Cherry, pattern pg.29: fabric- red & green; string- red & green



Step 1: Trace and cut out 2 cherry circle patterns on red fabric and 1 stem piece on green fabric.

Step 2: Sew the sides of the circles together leaving an opening at the top. This can be hand sewn using a whip stitch or machine sewn.

Step 3: Flip cherry right side out and generously stuff. Continue sewing the cherry until opening is closed.

Step 4: Using the stem piece. Tightly roll up the piece. Sew the tight roll using a running stitch down the stem, do this twice to make sure stem roll is secure.

Step 5: Insert stem into the opening of the cherry. Hand sew the top of the cherry shut using the whip stitch, in the process secure the stem into place.

Make Your Own: Directions- Vegetables

Green bean: fabric- hunter green; string hunter green



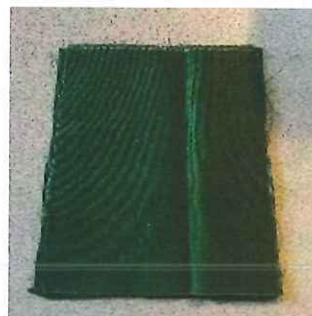
Step 1: Cut 4×3 inches squares, you can make them smaller, or larger if you choose to do so.

Step 2: Fold the squares in half and start at one end on the fold stitch a half circle. *STOP in the middle and leave space to turn it inside out* (back stitch at the start and finish)

Step 3: Trim close to your seam, leaving enough at your open space to be able to slip stitch it closed

Step 4: Turn the green bean inside out and generously stuff the green bean.

Step 5: Slip stitch green bean closed



Make Your Own: Directions- Vegetables

Whole Tomato, pattern pg.29: fabric- red & green; string- red & green



Step 1: Trace and cut out 4 pieces of tomato body pattern on red fabric. Trace and cut 1 tomato top on green fabric.

Step 2: Align the sides of 2 pieces of the tomato body, by placing one on top of the other, the red fabric facing in. Hand sew pieces together with whip stitch starting $\frac{1}{4}$ of an inch from the top of one side and all the way to the bottom of the same side. Do the same thing with the remaining 2 pieces. Once complete you will have two halves that will become a whole.

Step 3: Open up each half and then match up the right sides together. Whip stitch from one point to the other down on one of the seams. Then match the last two open seams together and stitch this final seam to create the tomato. * Remember the top of the tomato should remain open and the bottom of the tomato should be sewn shut *

Step 4: Turn the tomato right side out and stuff the tomato generously. Hand sew the top of the tomato shut with a whip stitch.

Step 5: Use the top of the tomato piece; place it over the area that was sewn at the top of the tomato. Use a running stitch to sew the top of the tomato piece to the tomato body

Potato, pattern pg.29: fabric- brown/tan; string brow/ tan



Step 1: Trace and cut 2 of each of the potato pattern pieces P1- P4 on brown fabric.

Step 2: Hand sew using a whip stitch or use sewing machine to sew P3 in between piece P1 and P2. Repeat this step for the other 3 pieces.

Step 3: Hand sew using whip stitch or use sewing machine to sew P4 to the two pieces that are now sewn together. If piece 4 is too long trim the extra off.

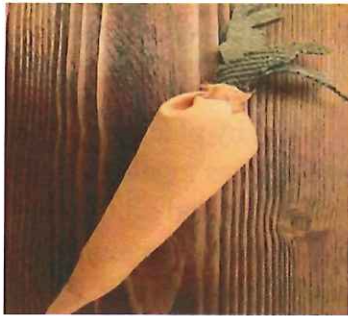
Step 4: With the last piece P4 hand sew to one side of the form created. On the last side sew sides together leaving a 2-inch opening. This will leave room for you to flip the potato.

Step 5: Turn potato right side out and stuff. Sew opening closed.

Step 6: Cut a long piece of brown thread. Insert needle into the potato and pull out some other place on the potato. Create a knot on potato and pull tight to create potato eye/dimple. Pull thread through potato to come out at another place and repeat this until you have desired amount of dimples. After complete go back through and make an x over the dimples to make help it show up better.

Make Your Own: Directions-Vegetables

Whole Carrot, pattern pg.30: fabric- orange & green; string- orange & green



Step 1: Trace and cut out 1 carrot pattern piece on orange fabric and 1 carrot top piece on green fabric.

Step 2: Fold carrot pattern in half and sew edges together using a whip stitch. This can also be done in a sewing machine. Make sure to leave the top open and secure the bottom tip of the carrot.

Step 3: Turn the carrot right side out and generously stuff the carrot.

Step 4: Use the carrot top piece and Tightly roll the leaf pattern. Use a running stitch down the stem of the leaf to secure the leaf roll.

Step 5: Sew a running stitch around the top edge of the carrot. Once complete pull the string so it is taught and tie off string.

Step 6: Place leaf stem in the carrot while it is taught.

Step 7: Use a running stitch to secure the leaf to the carrot body.

Cumber/Pickle, pattern pg.30: fabric-dark green; string- dark green



Step 1: Trace and cut out 2 pieces of the pattern onto dark green fabric.

Step 2: Place the two pieces on top of each other. Hand sew using a whip stitch or machine sew, the two pieces together, leaving a space to flip right side out.

Step 3: Once sewn, flip right side out and generously stuff. Hand sew closed with a whip stitch.

Make Your Own: Directions- Vegetables

Broccoli, pattern pg.31: fabric- dark and light green; string- match fabric



Step 1: Trace and cut broccoli pattern, 2 broccoli tops, 1 of each stem and 2 broccoli bases. This will make 2 pieces of broccoli, repeat steps for multiple pieces.

Step 2: Hand sew broccoli base pieces together using a whip stitch, keep your stitches close together because we will be stuffing it pretty tightly. * I would not recommend using a sewing machine because these pieces are pretty small it make it difficult to flip the piece right side out*

Step 3: Flip right side out and stuff the broccoli stem.

Step 4: Sew base onto bottom after stuffing with a whip stitch.

Step 5: For the broccoli top, mark outlines on patterns using chalk or permanent fabric marker. Sew a loose running stitch along each of the “veins” pulling tightly before knotting and moving to the next marking. Keep all the knots on the marked side to make sure you put it on the inside of the broccoli.

Step 6: Run a gathering stitch around the outside of the film broccoli top pulling lightly as you go.

Step 7: Place the completed stem into the inside of the broccoli top piece. Pull to fit and run your needle through at a few different angles of the stem to attach the top to the stem securely.

Lettuce, pattern pg.31: fabric- light green; string- light green



Step 1: Trace and cut 2 pieces of each size of lettuce on light green fabric.

Step 2: Place one piece on top of the other and sew the 2 matching pieces sides together leaving an open space to flip right side out. This can be hand sewn with a whip stitch or machine sewn.

Step 3: Flip piece inside out and stuff minimally. This piece is meant to be flat so you can stack it on a sandwich.

Step 4: Hand sew shut using a whip stitch.

Make Your Own: Directions- Sandwiches/ Hamburgers

Sandwich bread, pattern pg.32: fabric- tan; string- tan



Step 1: Trace and cut 4 pieces of the sandwich bread pattern on tan fabric.

Step 2: Place one piece of the sandwich bread top of the other and sew the 2 matching pieces sides together leaving an open space to flip right side out. This can be hand sewn with a whip stitch or machine sewn. Repeat this step for the second pair of sandwich bread

Step 3: Flip piece inside out and stuff minimally. This piece is meant to be flat so you can stack it.

Step 4: Hand sew shut using a whip stitch.

Jelly, pattern pg.32: fabric- purple; string- purple



Step 1: Trace and cut 2 pieces of the jelly pattern on purple fabric.

Step 2: Place one piece on top of the other and sew the 2 matching pieces sides together leaving an open space to flip right side out. This can be hand sewn with a whip stitch or machine sewn.

Step 3: Flip piece inside out and stuff minimally. This piece is meant to be flat so you can stack it.

Step 4: Hand sew shut using a whip stitch.

Peanut butter, pattern pg.32: fabric- dark tan; string dark tan



Step 1: Trace and cut 2 pieces of the peanut butter pattern on dark tan fabric.

Step 2: Place one piece on top of the other and sew the 2 matching pieces sides together leaving an open space to flip right side out. This can be hand sewn with a whip stitch or machine sewn.

Step 3: Flip piece inside out and stuff minimally. This piece is meant to be flat so you can stack it.

Step 4: Hand sew shut using a whip stitch.

Make Your Own: Directions- Sandwiches/ Hamburgers

Turkey meat, pattern pg.32: fabric-tan; string-tan



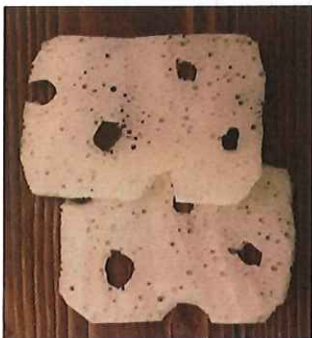
Step 1: Trace and cut 2 pieces of the turkey meat pattern on tan fabric.

Step 2: Place one piece on top of the other and sew the 2 matching pieces sides together leaving an open space to flip right side out. This can be hand sewn with a whip stitch or machine sewn.

Step 3: Flip piece inside out and stuff minimally. This piece is meant to be flat so you can stack it.

Step 4: Hand sew shut using a whip stitch.

Cheese Slice pattern pg.32: fabric- light yellow (I used a sponge); string- light yellow



Step 1: Trace and cut out 2 pieces of the sliced cheese pattern on light yellow fabric.

Step 2: place one piece on top of the other and sew the 2 pieces sides together. This can be hand sewn using a whip stitch or machine sewn. This piece does not need to be stuffed.

Sponge option: If you choose to use a sponge cut out a square of a sponge and create small holes to make the square piece look like Swiss cheese. I chose this method because I felt like this made the cheese look more realistic and also added a different texture to the mix.

Sliced tomato, pattern pg.33: fabric- red & pink; string- red



Step 1: Trace and cut pieces from the tomato pattern on the hamburger pattern sheet. Trace and cut 1 tomato bottom piece on red fabric and 1 tomato bottom piece on pink fabric. Trace and cut 1 tomato top on red fabric. This pattern makes one tomato slice repeat to make multiple.

Step 2: Place the pink tomato bottom on top of the red tomato bottom and sew the 2 pieces together. This can be hand sewn with a whip stitch or machine sewn.

Step 3: Sew the tomato top piece on top of the pink bottom piece using a whip stitch.

Make Your Own: Directions- Sandwiches/ Hamburgers

Pickle slice, pattern pg.33: fabric- dark green; string- dark green & light green



Step 1: Trace and cut 2 pieces of the pickle slice pattern. This makes one slice.

Step 2: Place one piece on top of the other and sew the 2 pieces sides together leaving an open space to flip right side out. This can be hand sewn with a whip stitch or machine sewn.

Step 3: Flip piece inside out and minimally stuff.

Step 4: Hand sew the pickle slice shut using a whip stitch.

Step 5: Hand sew with running stitch using light green string like design shown, onto the top center of the pickle slice. This will make this piece look more realistic.

Hamburger bun, pattern pg.33: fabric- tan & white; string- tan & dark brown



Step 1: Trace and cut 2 pieces of the hamburger bun bottom on white fabric, 1 piece of the hamburger bun bottom on tan fabric, and 1 piece of hamburger bun top on tan fabric. This makes one hamburger bun.

Step 2: Place one of the white hamburger bun bottom pieces on top of the tan hamburger bun bottom piece and sew the 2 pieces sides together leaving an open space to flip right side out. This can be hand sewn with a whip stitch or machine sewn.

Step 3: Flip piece inside out and minimally stuff. This creates the bottom of the hamburger bun, hand sew the bottom bun shut using a whip stitch.

Step 4: Place the left over white hamburger bun bottom piece on top of the tan hamburger top piece. Align the left side of the circle pieces together. Using a whip stitch sew the left sides together.

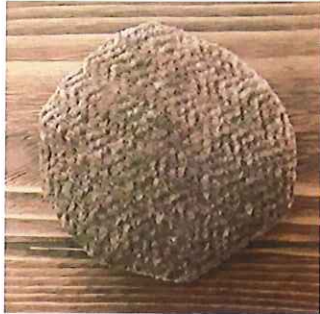
Step 5: Once the left side is sewn. Do the same thing for the right side of the circle and the tops and bottoms. The top of the hamburger bun will singe some but that is okay. The hamburger bun top pattern is larger in order to create the top poof of the bun. Make sure to leave a small opening to allow for stuffing.

Step 6: Flip bun right side out, stuff. Once stuffed sew an opening using a whip stitch.

Step 7: Cut a piece of dark brown thread. Insert needle into the top of the hamburger bun and pull out some other place on the top of the bun. Create a knot on the bun and pull tight to create dimple. Pull thread through bun to come out at another place and repeat this until you have desired amount of dimples to represent the little seeds on the top of hamburger buns.

Make Your Own: Directions- **Sandwiches/ Hamburgers**

Hamburger, pattern pg.33: fabric- dark brown; string- dark brown



Step 1: Trace and cut 2 pieces of the hamburger meat pattern. This makes one patty to create more than one repeat.

Step 2: Place one piece on top of the other and sew the 2 pieces sides together leaving an open space to flip right side out. This can be hand sewn with a whip stitch or machine sewn.

Step 3: Flip piece inside out and minimally stuff.

Step 4: Hand sew the hamburger meat patty shut using a whip stitch.

Make Your Own: Directions- **Pizza**

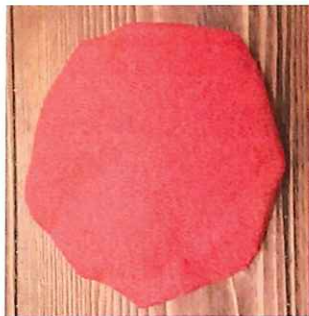
Pizza crust, pattern pg.34: fabric- tan; string- tan



Step 1: Trace and cut out 1 large circle on tan fabric, using the pizza crust pattern.

Step 2: Lay circle down and roll sides on the circle. Using a whip stitch sew the rolled sides down to create a thin crust. Do this around the whole circle.

Sauce pattern pg.34: fabric- dark red; string- dark red



Step 1: Trace and cut 2 pieces of the sauce pattern from the pizza pattern on dark red fabric.

Step 2: Place one piece on top of the other and sew the 2 matching pieces sides together leaving an open space to flip right side out. This can be hand sewn with a whip stitch or machine sewn.

Step 3: Flip piece inside out. I chose not to stuff this piece however it could be stuffed minimally. This piece is meant to be flat so you can stack it.

Step 4: Hand sew shut using a whip stitch.

Make Your Own: Directions- **Pizza**

Cheese, pattern pg.34: fabric- light yellow; string- light yellow



Step 1: Trace and cut 2 pieces of the cheese pattern from the pizza pattern on light yellow fabric.

Step 2: Place one piece on top of the other and sew the 2 matching pieces sides together leaving an open space to flip right side out. This can be hand sewn with a whip stitch or machine sewn.

Step 3: Flip piece inside out. I chose not to stuff this piece however it could be stuffed minimally. This piece is meant to be flat so you can stack it.

Step 4: Hand sew shut using a whip stitch.

Mushrooms, pattern pg.34: fabric- tan felt



Step 1: Trace mushroom pattern on tan felt. Make as many as you desire.

Step 2: Cut out mushroom pieces. Simple, quick and easy!

Peperoni pattern pg.34: fabric- red felt



Step 1: Trace peperoni pattern on red felt. Make as many circles as you want to have peperoni.

Step 2: Cut out peperoni pieces. Simple, quick and easy!

Make Your Own: Directions- **Pasta**

Meat balls, pattern pg.34: fabric- dark brown; string- dark brown



Step 1: Trace and cut 2 pieces of the meatball pattern. This makes one meatball to create more than one repeat.

Step 2: Place one piece on top of the other and sew the 2 pieces sides together leaving an open space to flip right side out. This can be hand sewn with a whip stitch or machine sewn.

Step 3: Flip piece inside out and stuff until the piece turns into a small round ball. You really need to pack the stuffing in the piece. Once stuffed shut the opening using a whip stitch.

Bowtie noodles: fabric- pale yellow felt; string- yellow



Step 1: Trace and cut a felt rectangle 1.5 inches by however long you would like. Each inch of length will make one pasta piece.

Step 2: Cut out 1 inch sections creating small pasta pieces.

Step 3: Cut small triangles out of the edges of each pasta piece.



Step 3: Sew a running stitch down the middle of the pasta piece and pull it to make the felt singe. Tie off the stitch and you have created a pasta piece. Repeat for each pasta piece.

Make Your Own: Directions- Ice cream

Ice cream, pattern pg.35: fabric- brown, pink & white; string- dark brown, pink & white



Step 1: Trace and cut a 1 ice cream top in pink, white and brown fabric. Trace and cut out 1 ice cream bottom in pink, white and brown fabric.

Step 2: Using the ice cream top pattern, sew a running stitch around the top edge of the ice cream top. Once complete pull the string so it is taught and tie off string.

Step 4: Place the ice cream scoop bottom on top of the ice cream scoop top pattern, match the sides and sew together using a whip stitch. Sew ice cream scoop closed by sew $\frac{3}{4}$ around the pattern. Then generously stuff the ice cream scoop and continue to whip stitch.

Ice cream cone, pattern pg.35: fabric- dark brown; string- dark brown



Step 1: Trace and cut out 1 cone pattern piece on tan fabric and 1 top of the ice cream cone piece on tan fabric.

Step 2: Use a sewing machine to make lines diagonal from the top right of the cone across the cone. Repeat this in the opposite direction so lines are crossing each other. This adds detail to the ice cream cone.

Step 3: Fold cone pattern in half and sew edges together using a whip stitch. This can also be done in a sewing machine. Make sure to leave the top open and secure the bottom tip of the cone.

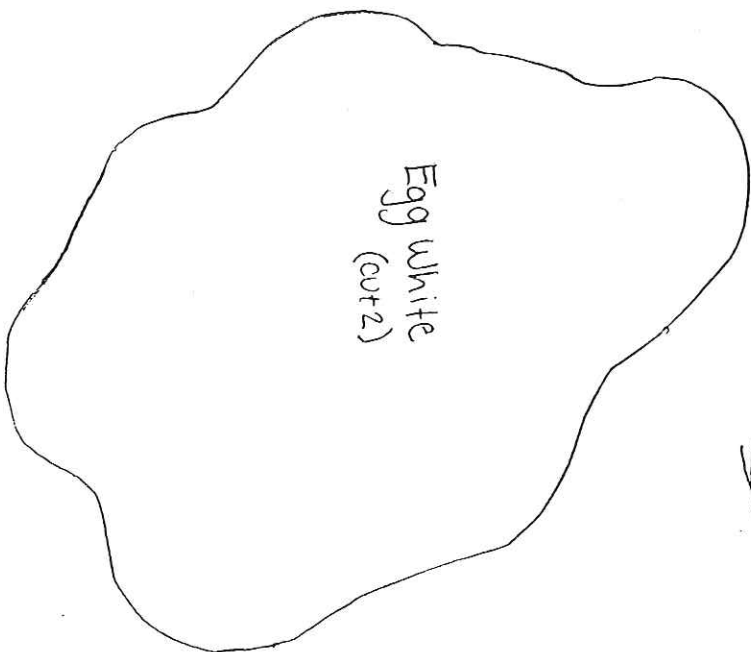
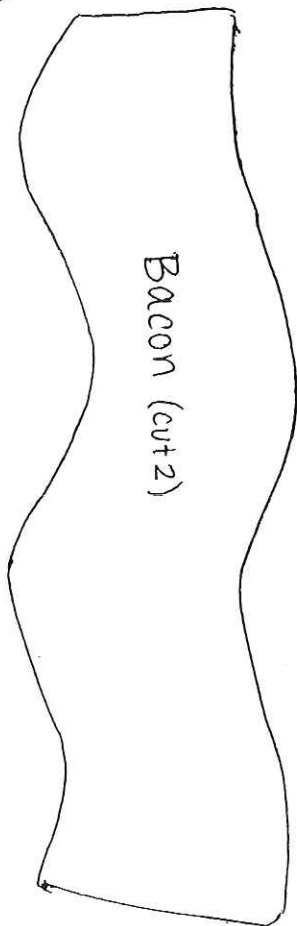
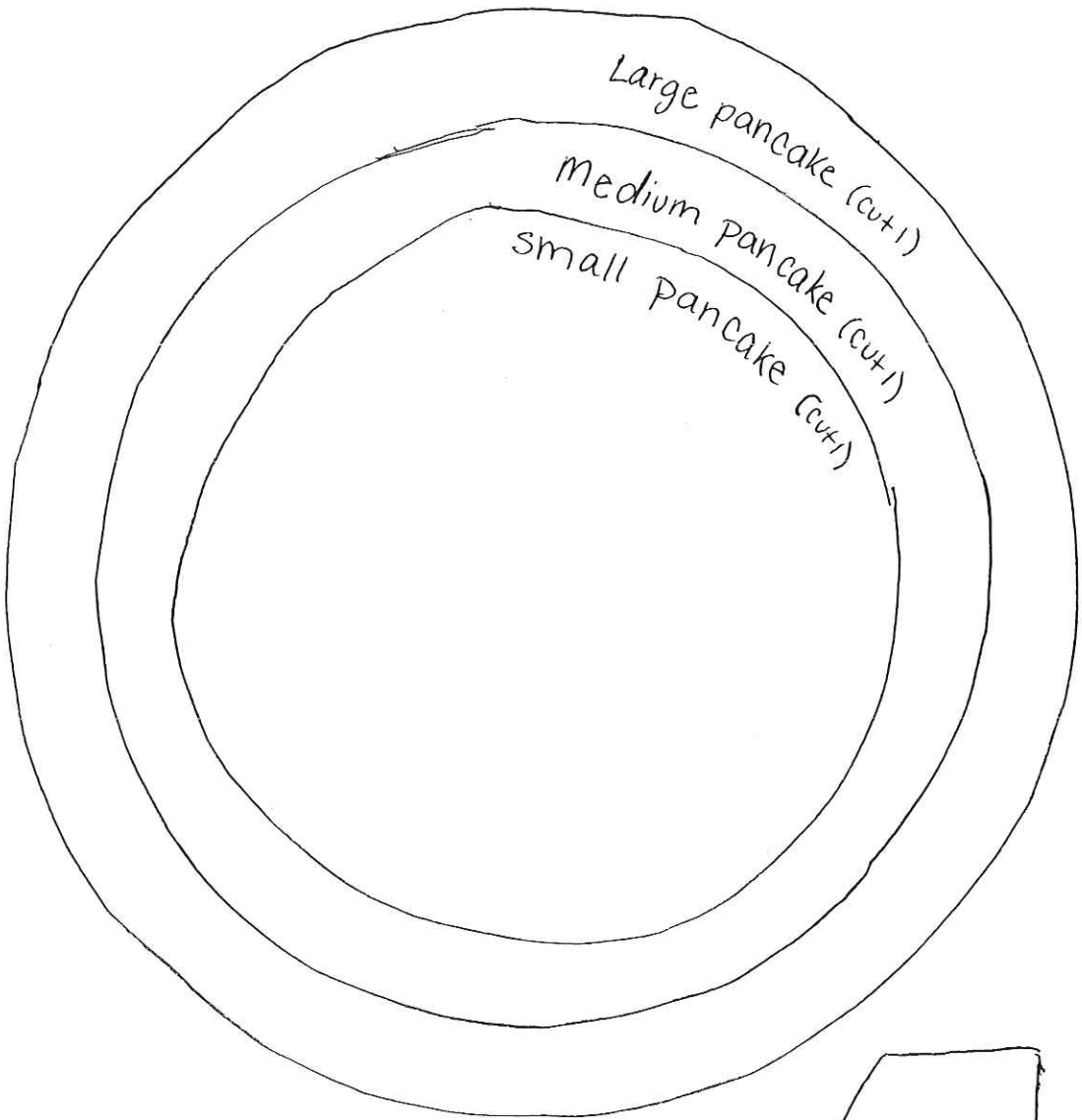
Step 4: Turn the cone right side out.

Step 5: Place the top of ice cream cone piece on top of the cone and attach it to the cone with a whip stitch attach to $\frac{3}{4}$ of the cone. Then generously stuff the cone and continue the whip stitch.

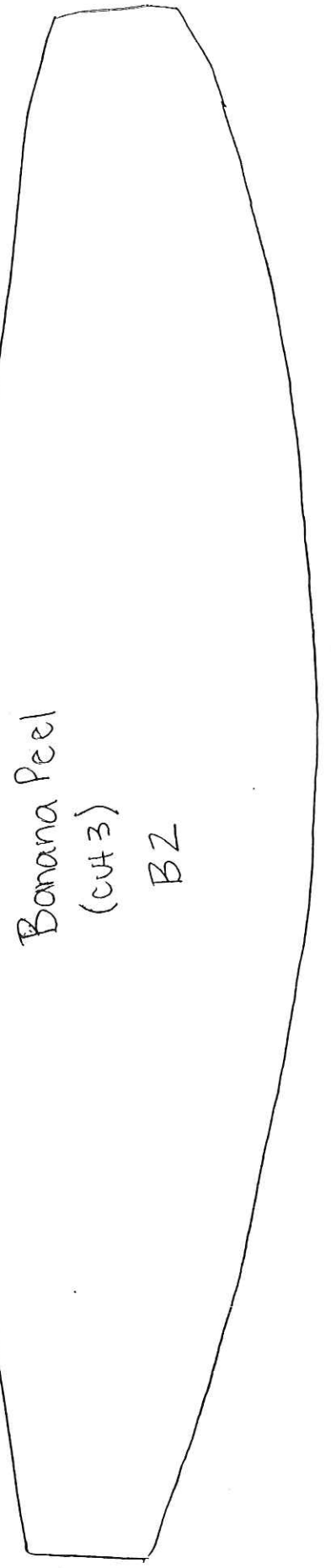
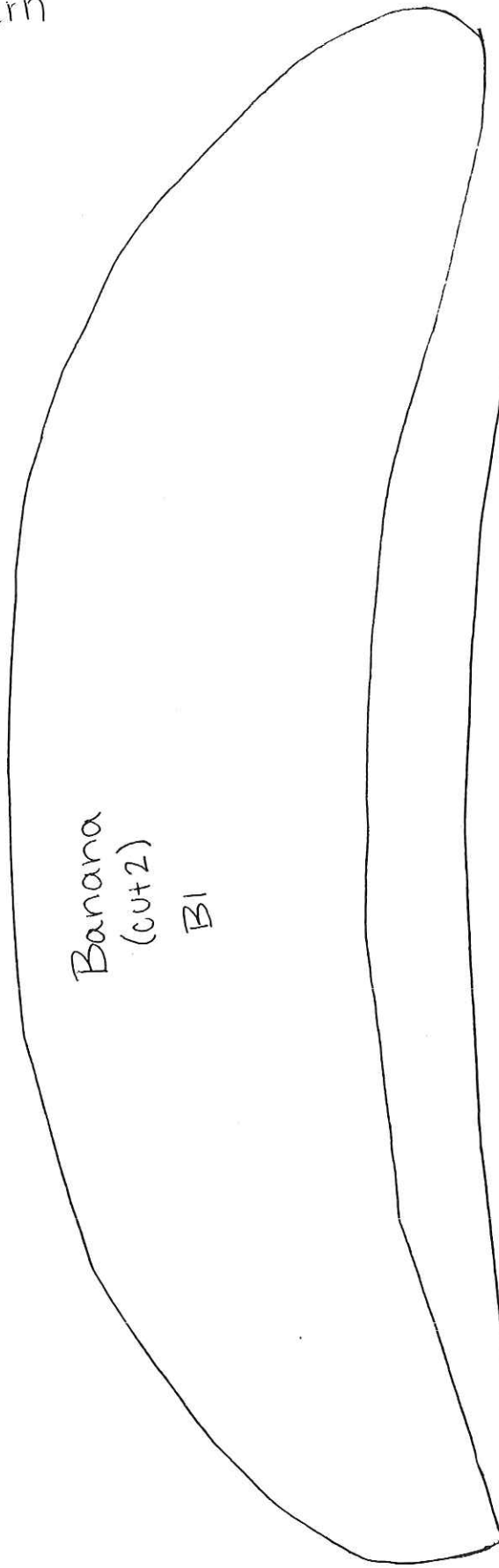
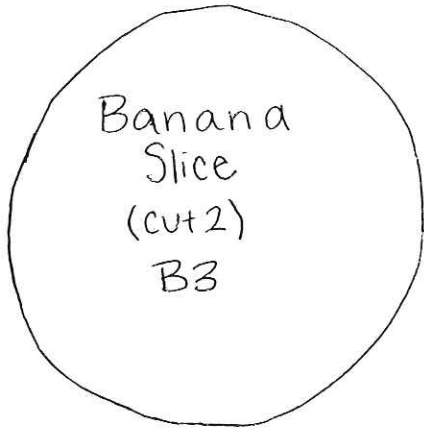
References & Resources

- This website has free patterns and recommendations for making felt foods. I used this site as a reference when developing my food patterns;
<https://americanfeltandcraft.wordpress.com/category/felt-food/felt-food-101/>
- This blog has detailed directions with photos of every step very helpful blog with great ideas; <http://whilewearingheels.blogspot.ca/p/i-heart-fake-food-tutorials.html>
- If you interested in learning more about Sensory integration this book is a great resource; Isbell, C. & Isbell R.T. (2007). *Sensory integration: a guide for preschool teachers*. Beltsville, MD: Gryphon House.

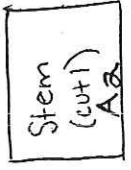
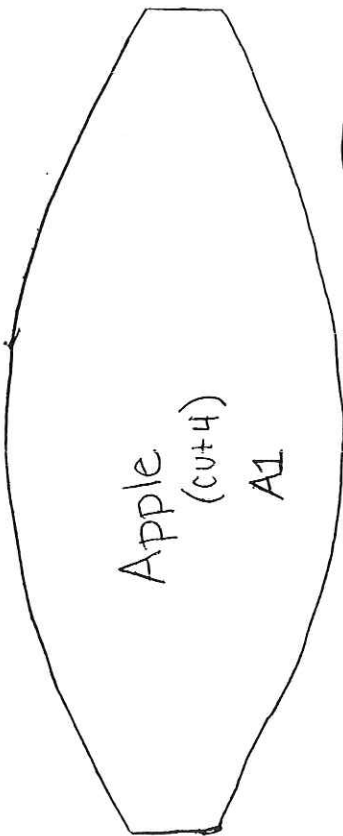
Pan cake Pattern

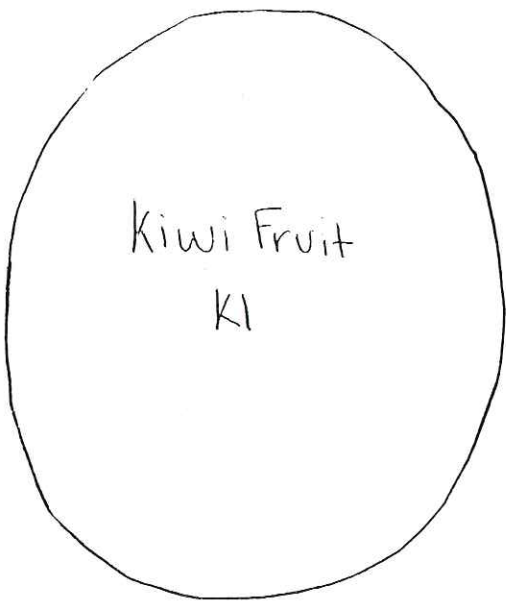


Whole Banana with Peel and Slice Pattern

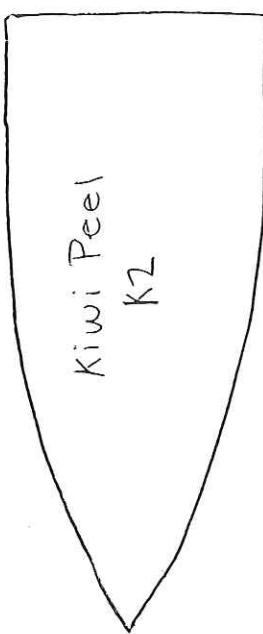


Whole Apple Pattern





Kiwi Fruit
K1



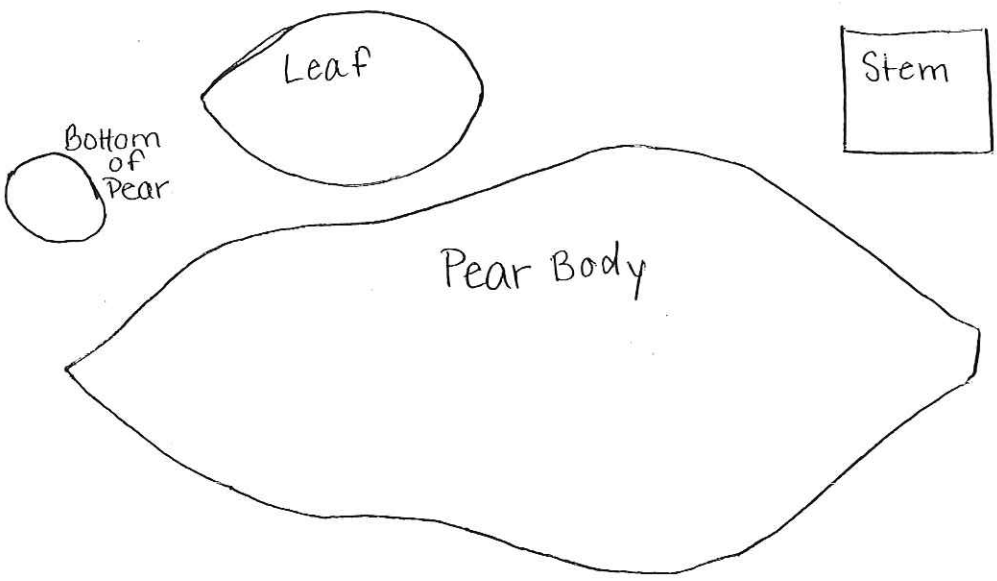
Kiwi Peel
K2



Center
(cut 2)
K3

Kiwi Slice
Pattern

Whole Pear
Pattern

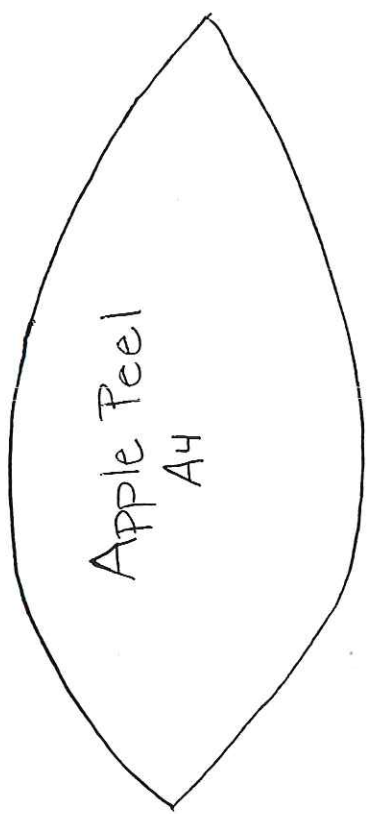


Bottom
of
Pear

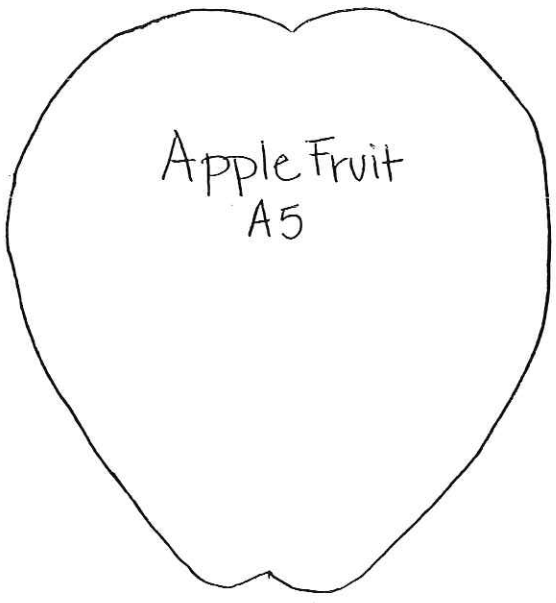
Leaf

Stem

Pear Body

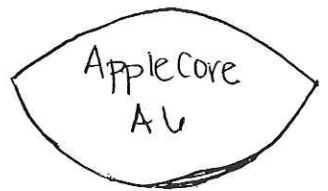


Apple Peel
A4



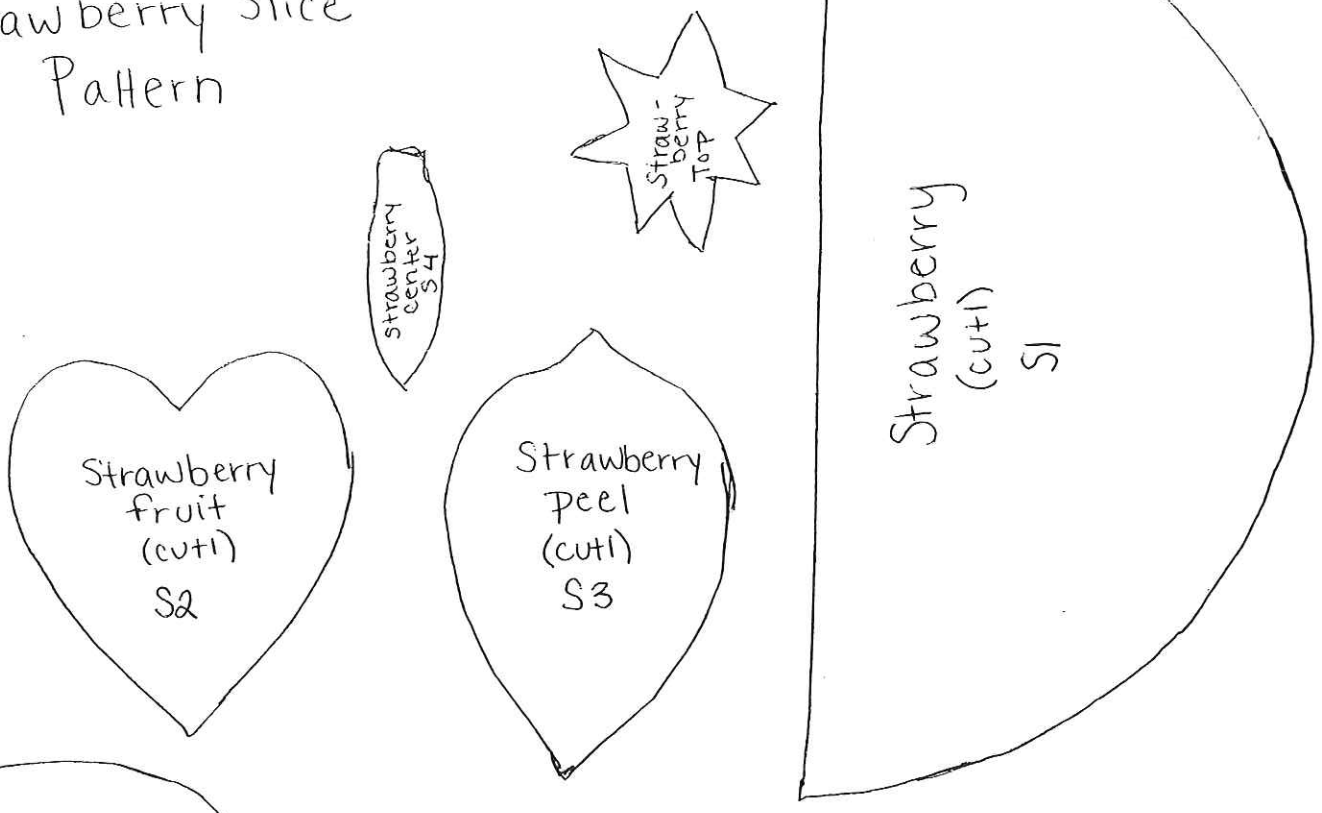
Apple Fruit
A5

Apple Slice
Pattern



Apple Core
A6

Whole Strawberry and Strawberry slice Pattern

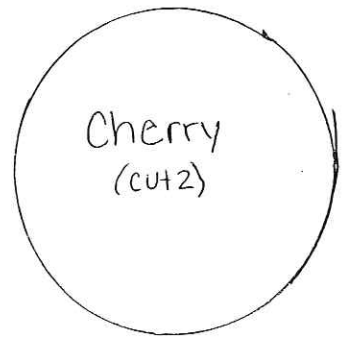
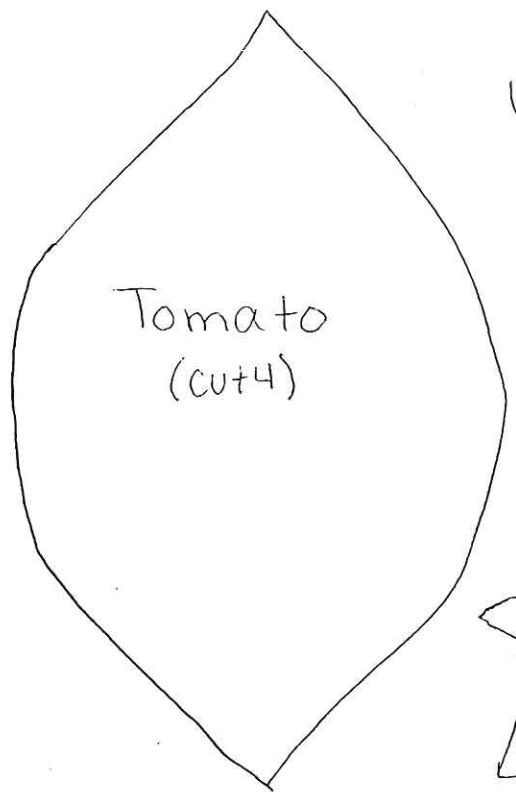


Whole Orange and orange slice Pattern



stem

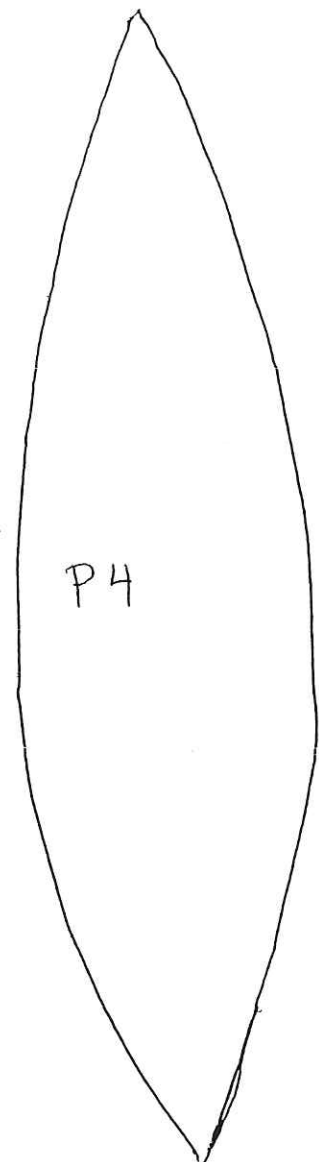
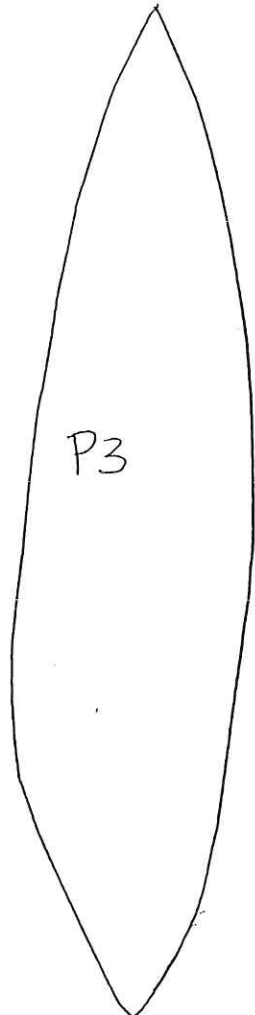
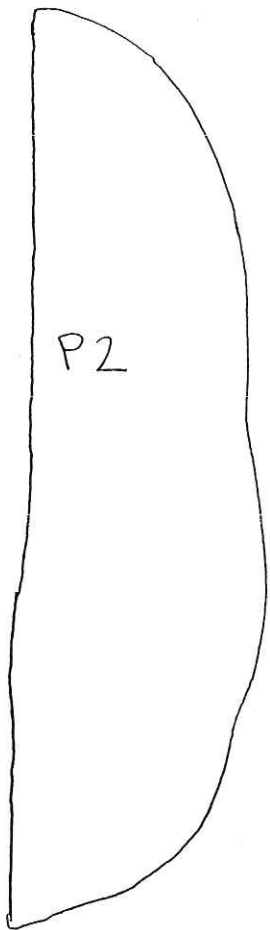
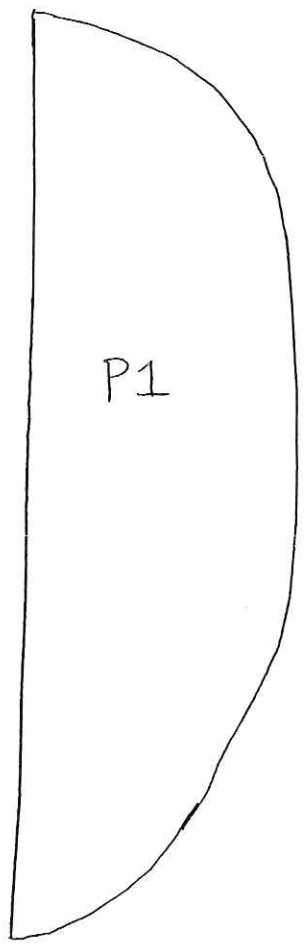
Whole
Tomato
Pattern

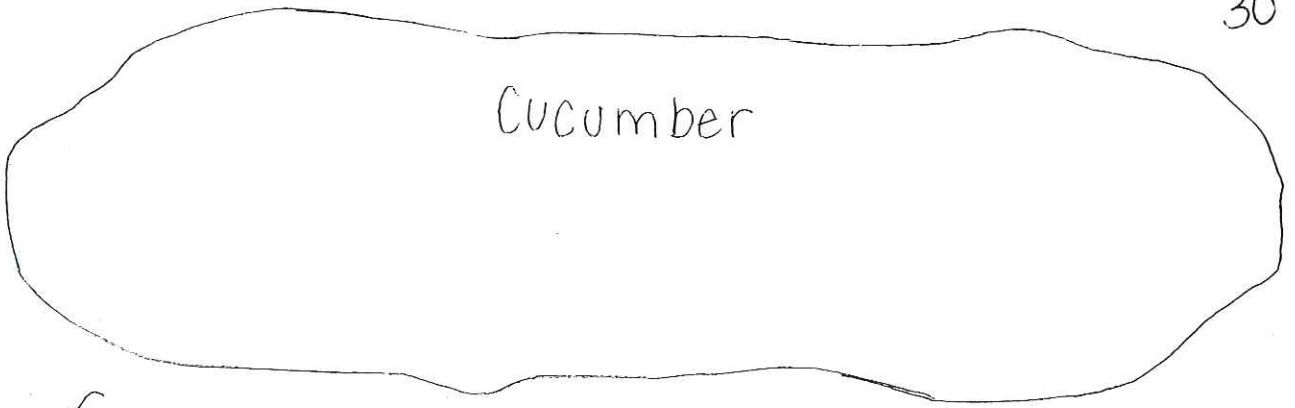


Whole Cherry
pattern

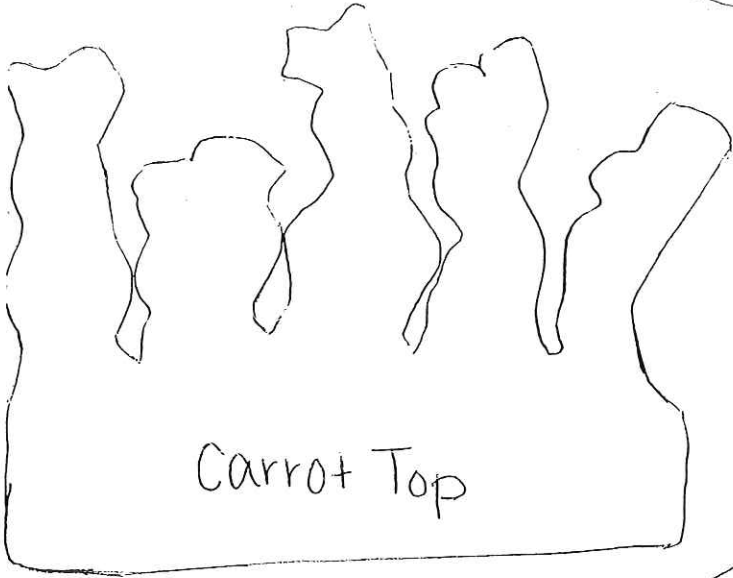


Whole Potato Pattern

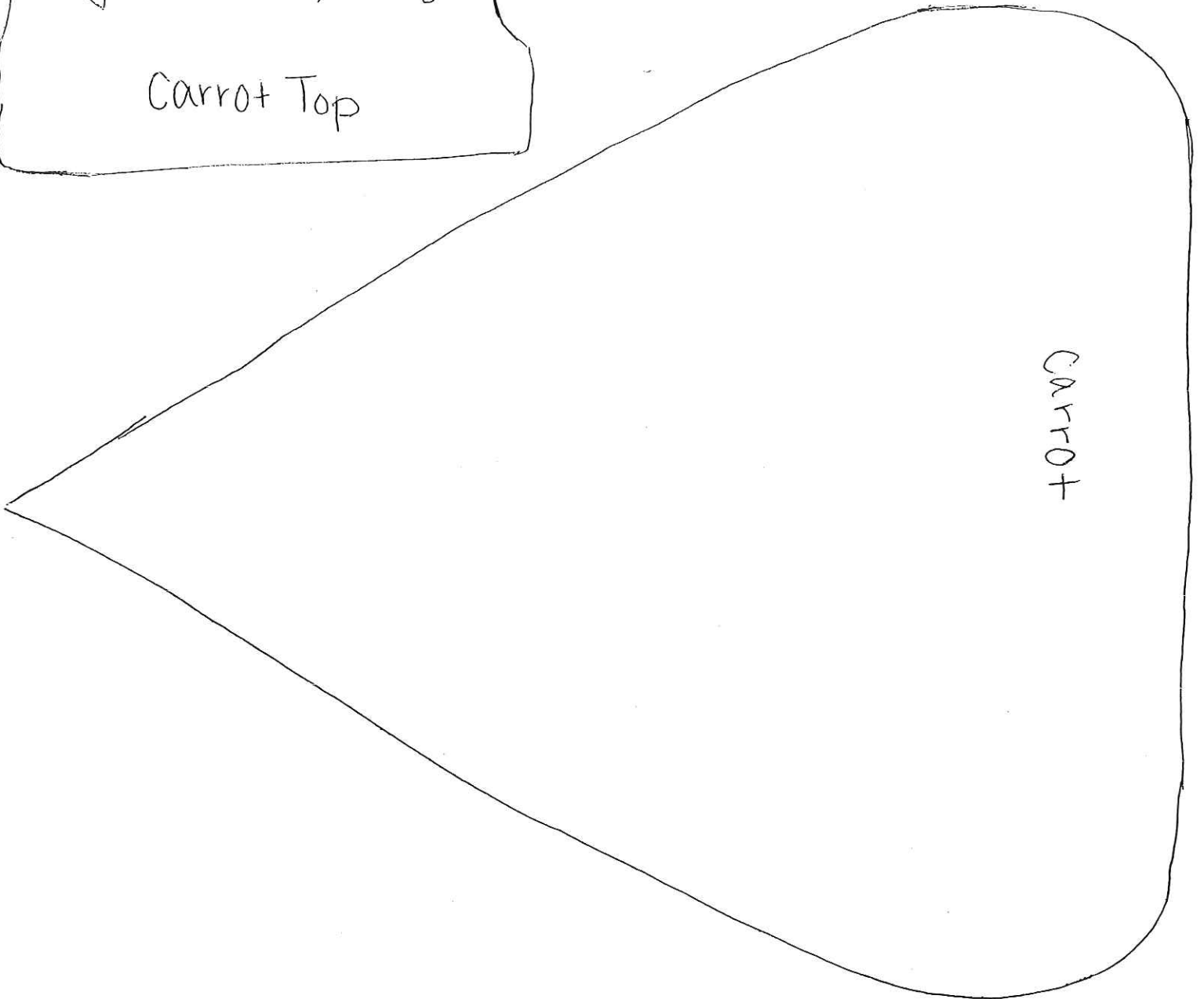




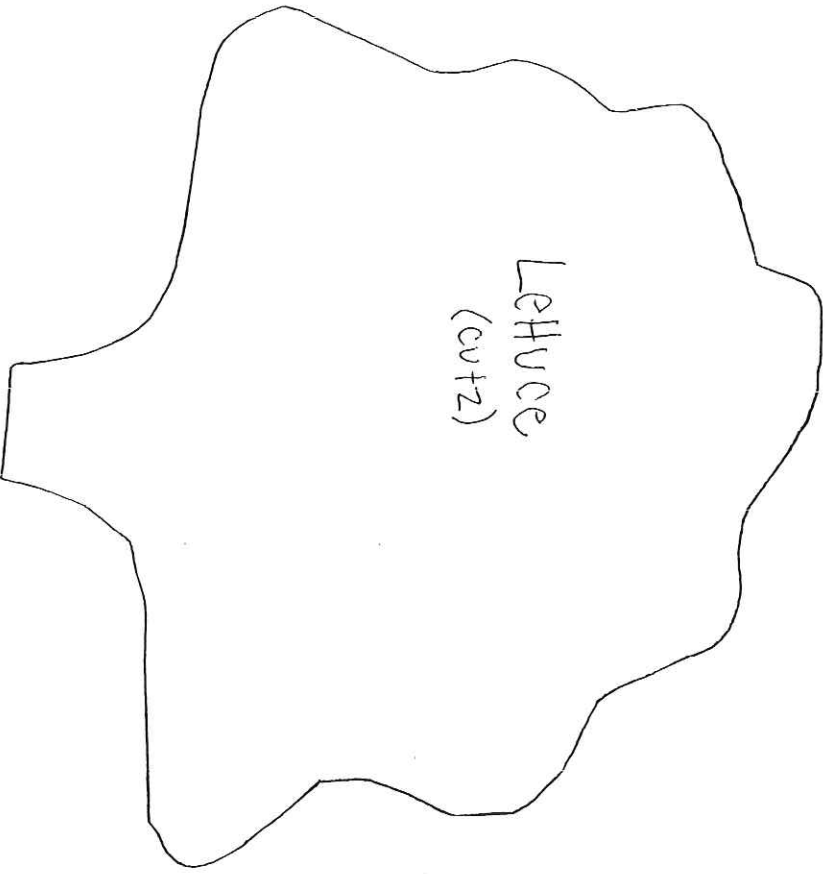
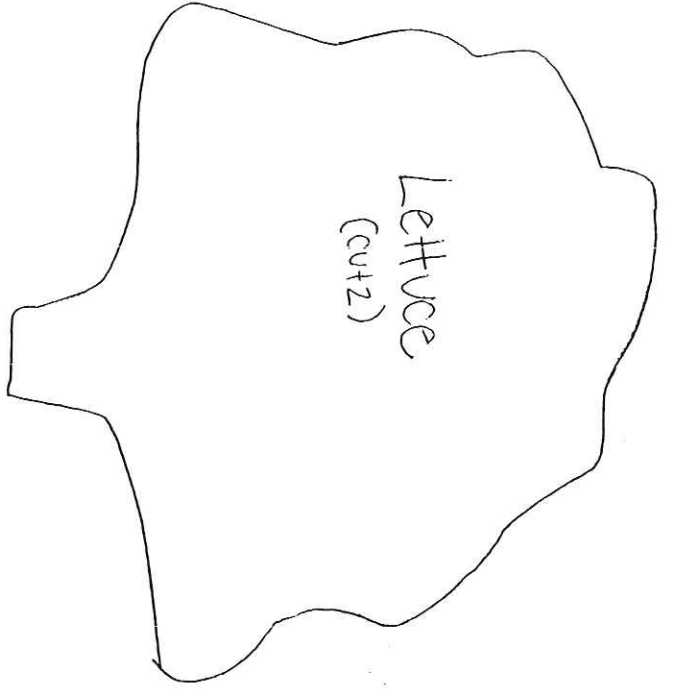
Cucumber



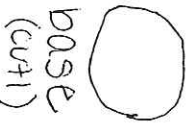
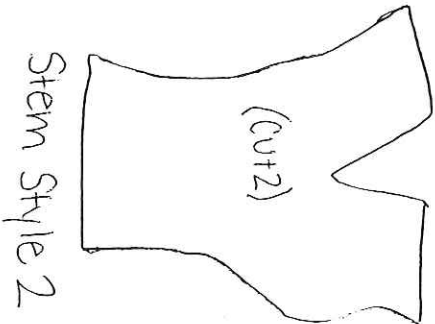
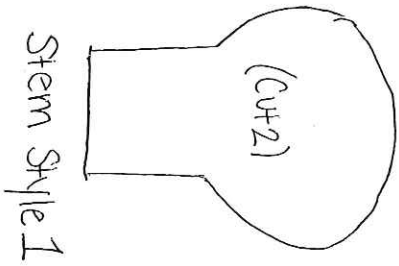
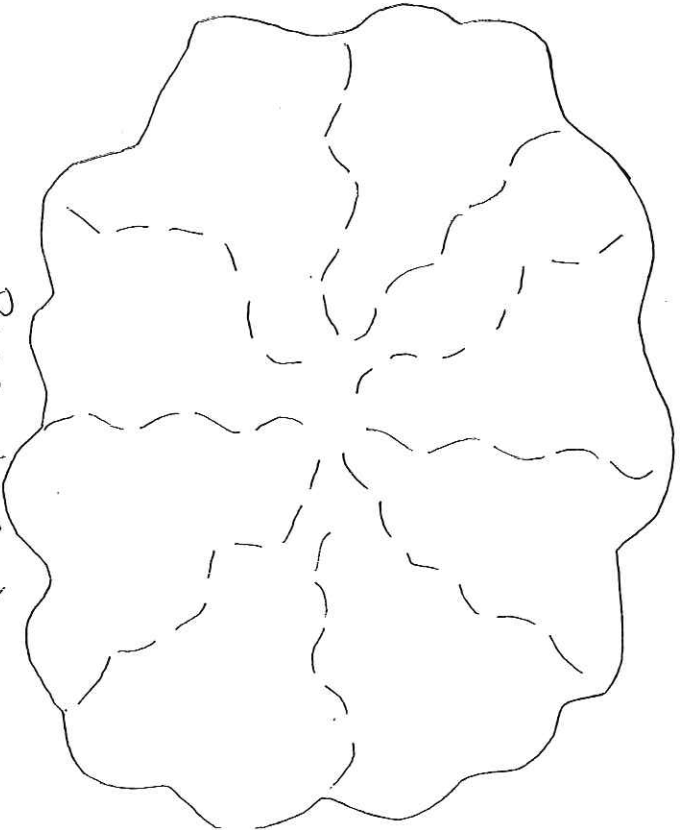
Carrot Top



CARROT



Lettuce and
Broccoli
Pattern



Peanut Butter
(cut 2)

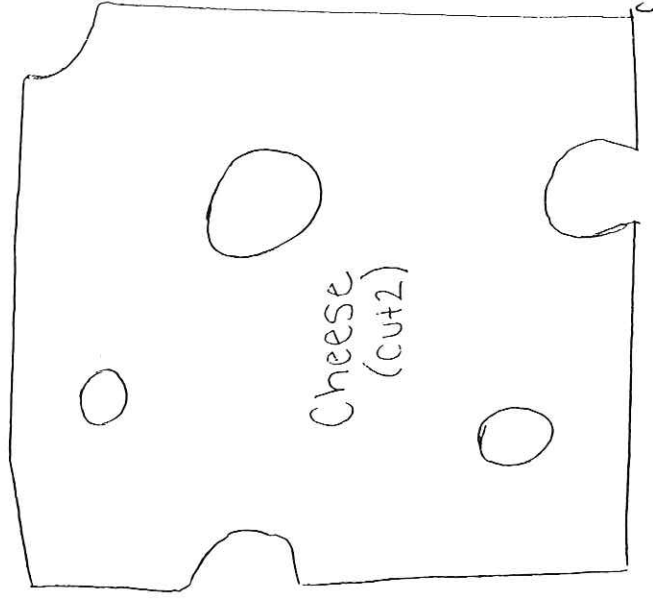
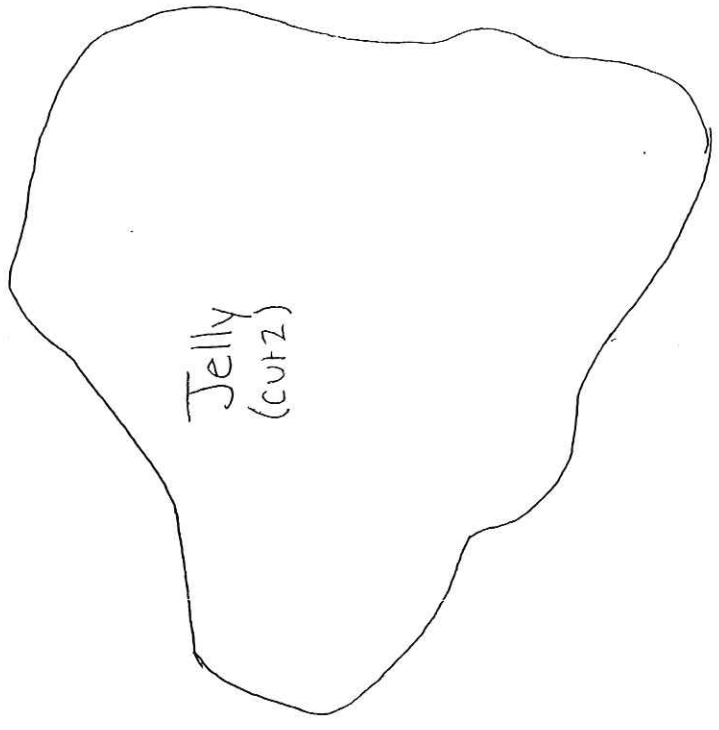
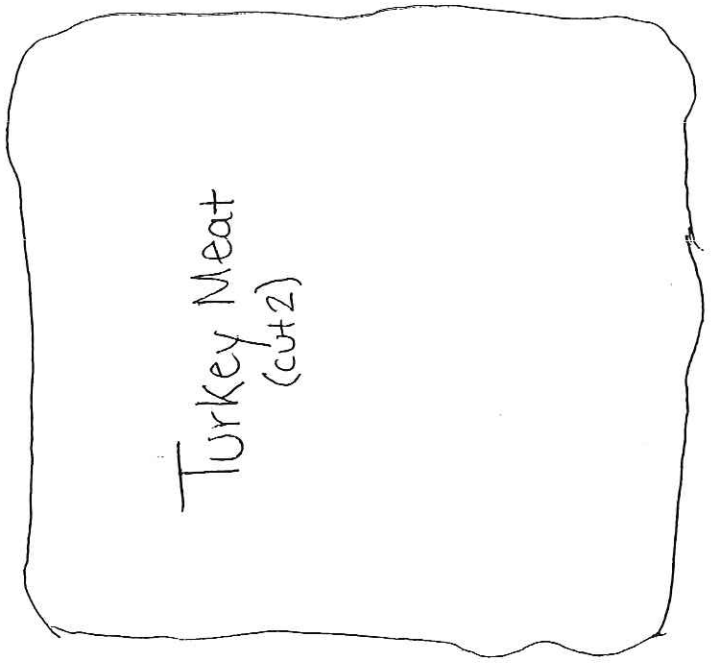
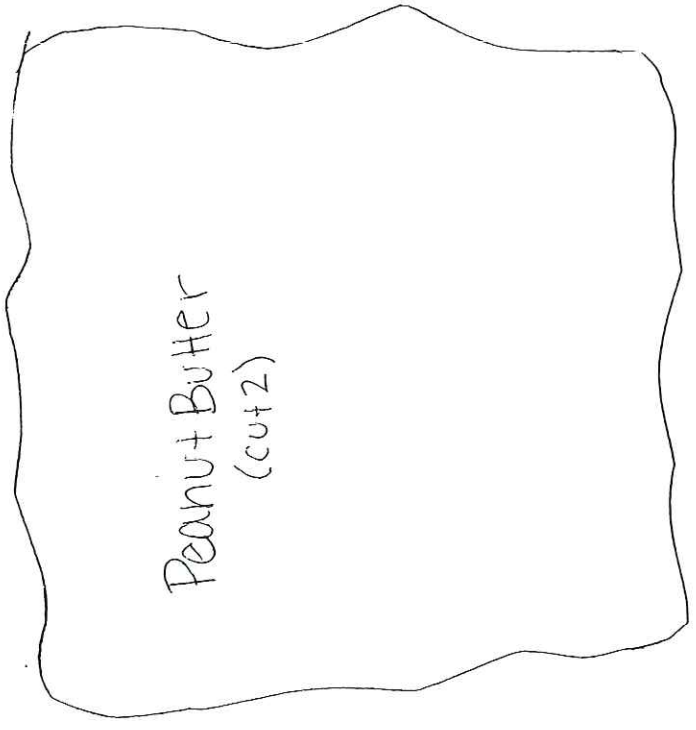
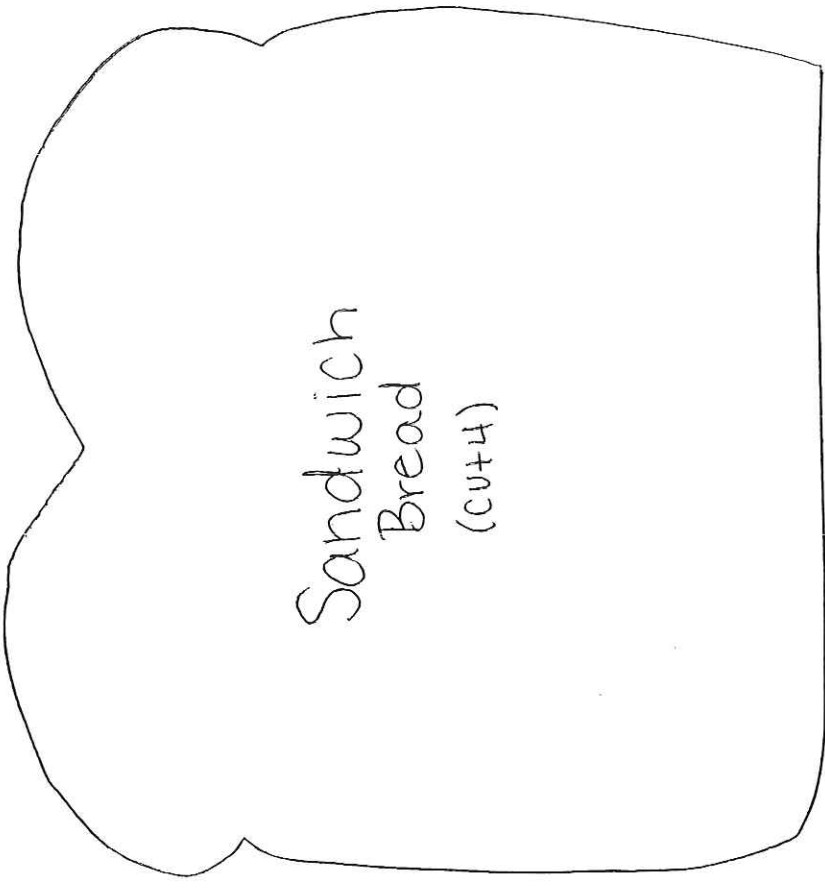
Sandwich
Pieces
Pattern

Sandwich
Bread
(cut 4)

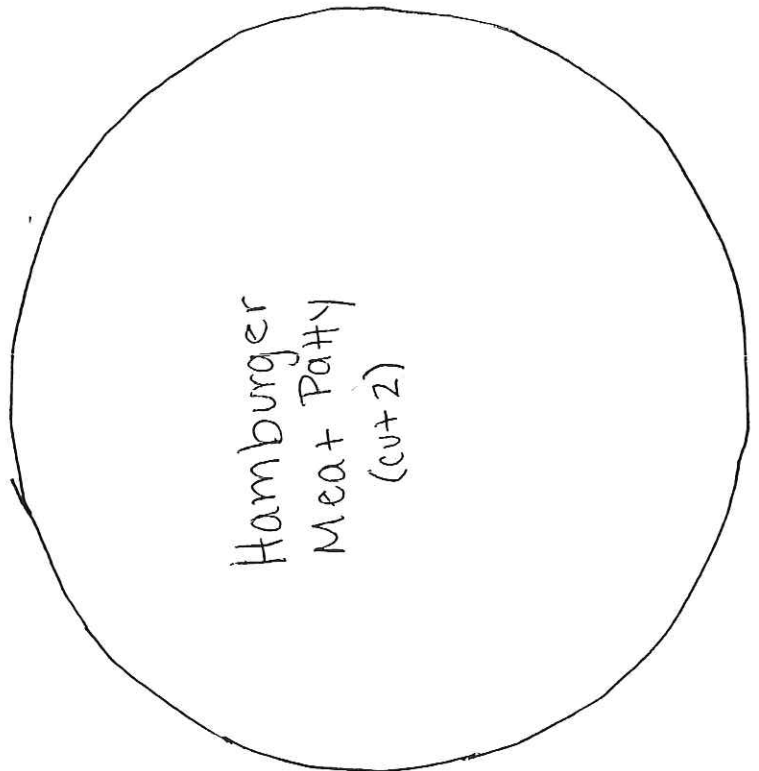
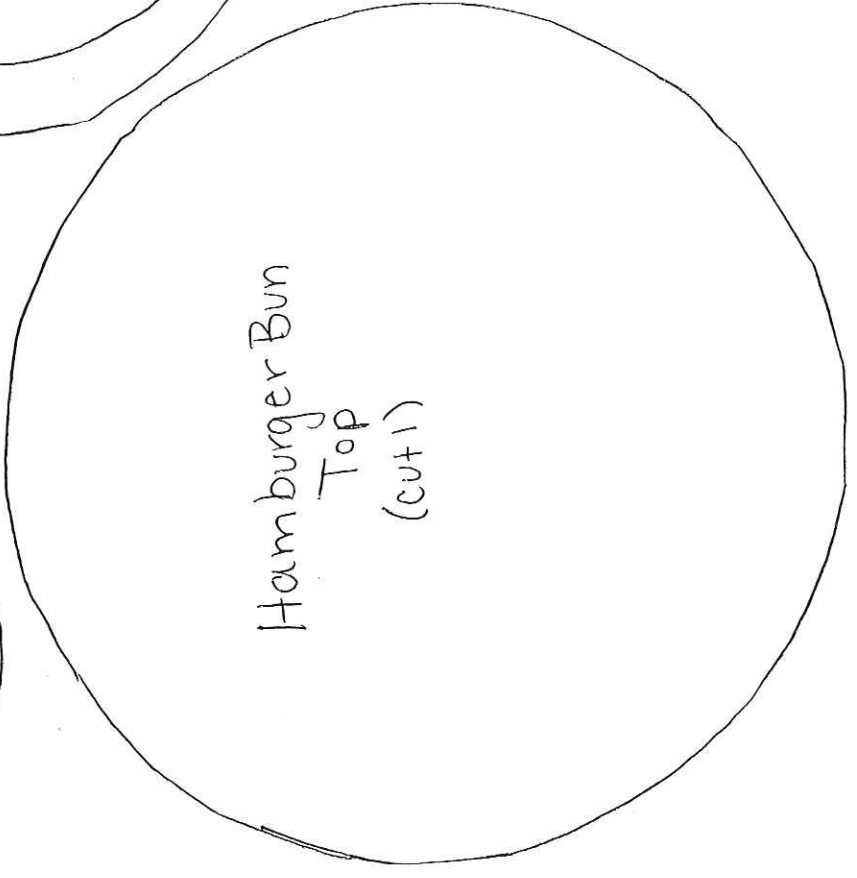
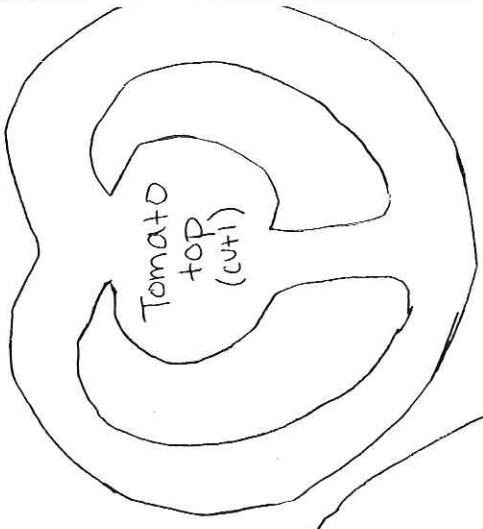
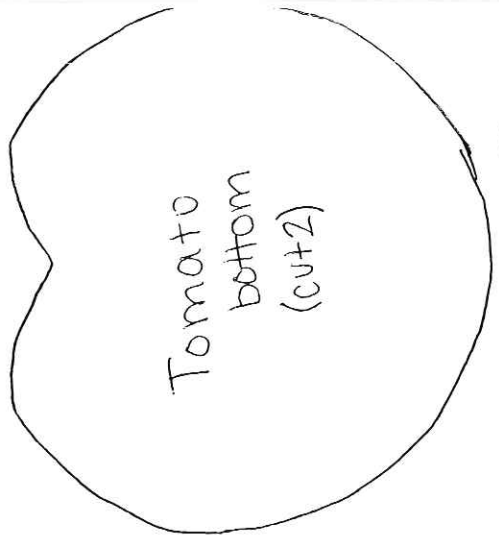
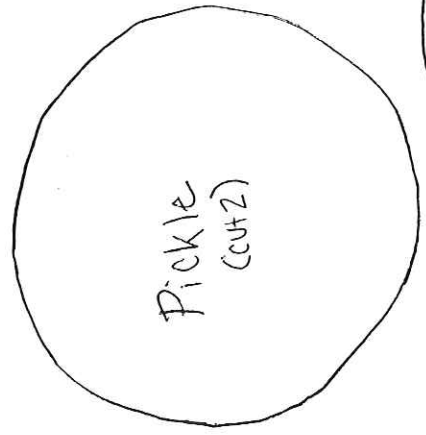
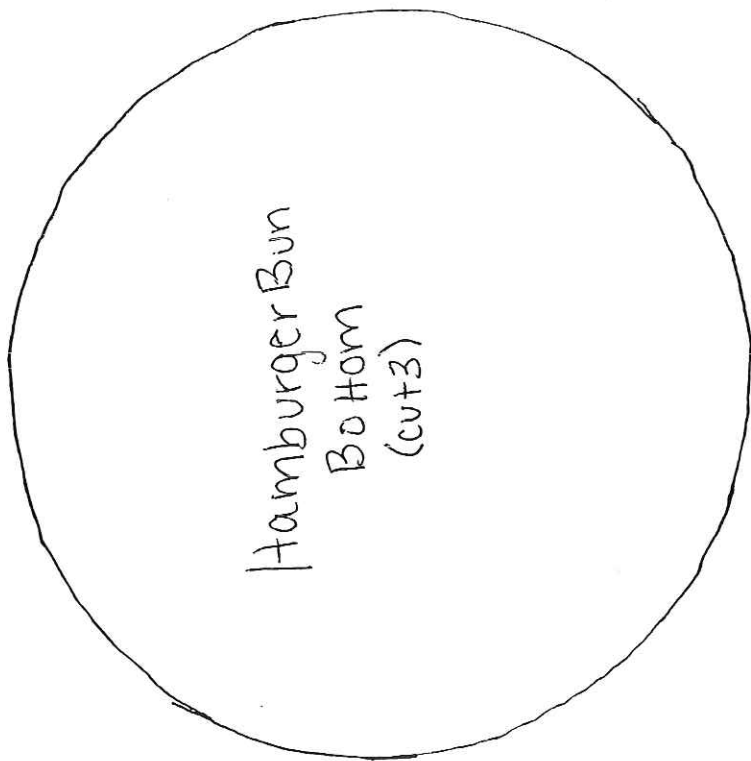
Turkey Meat
(cut 2)

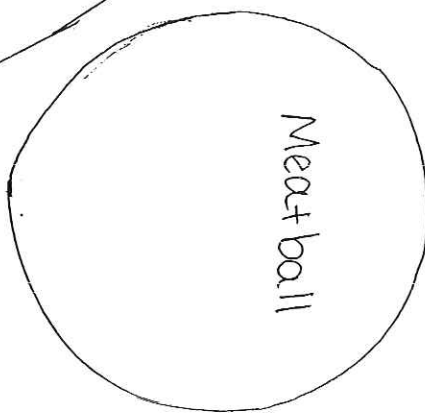
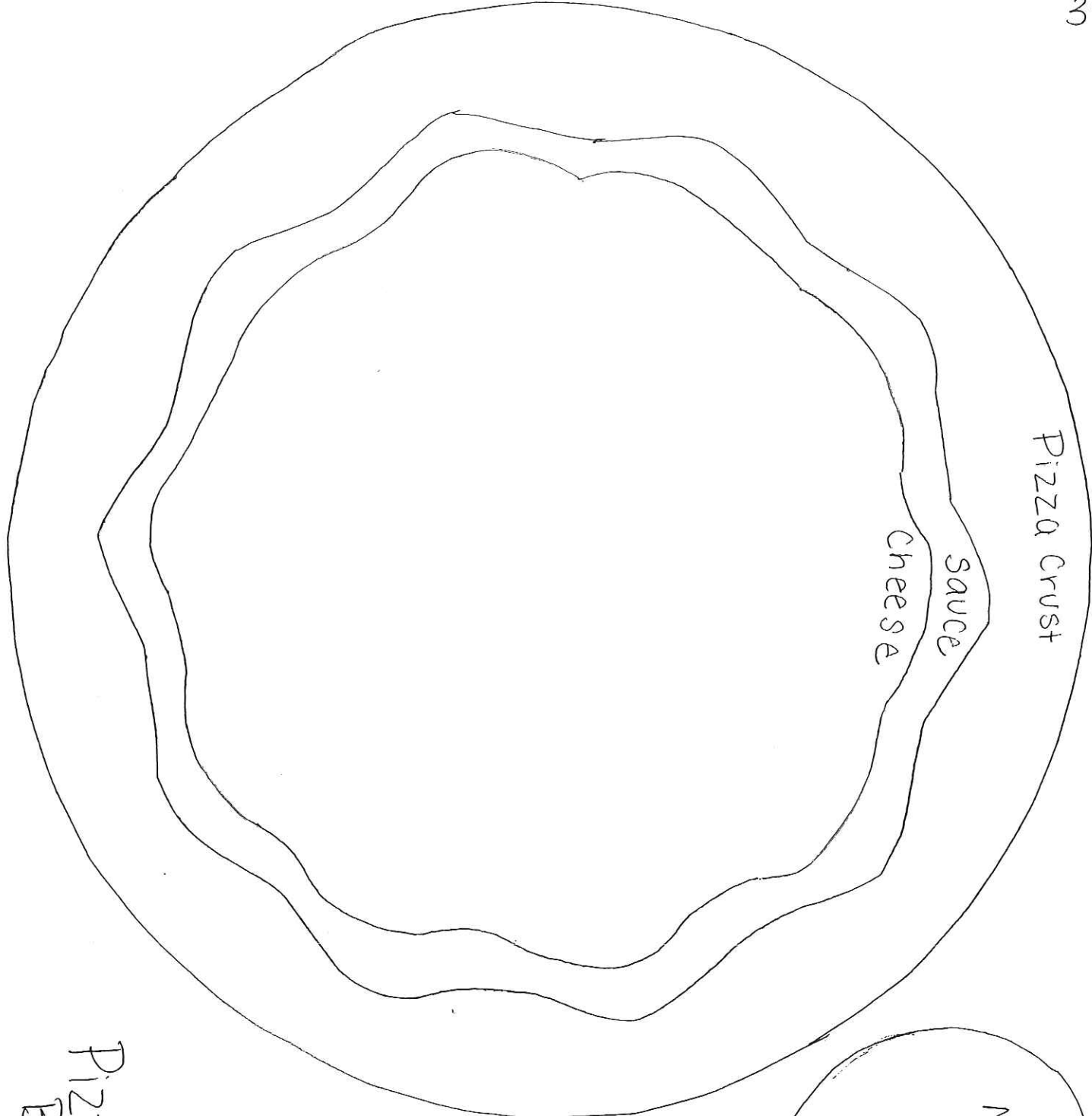
Jelly
(cut 2)

Cheese
(cut 2)

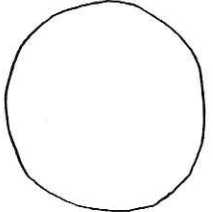
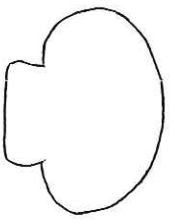


Hamburger Patterns

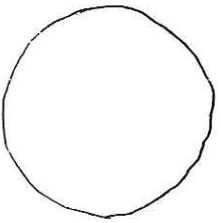




Mushrooms

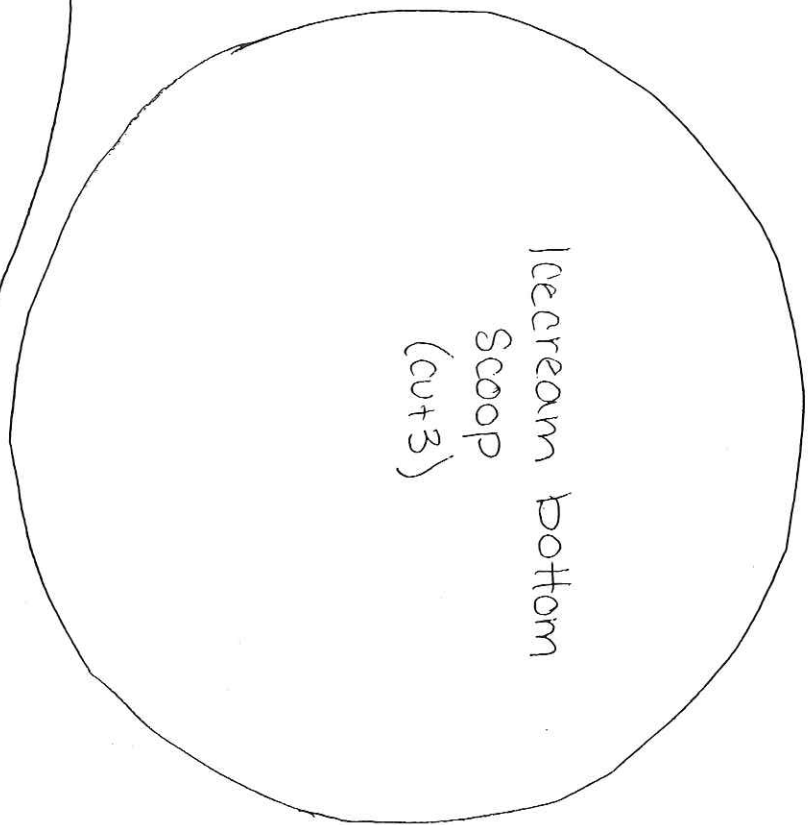


Peperoni

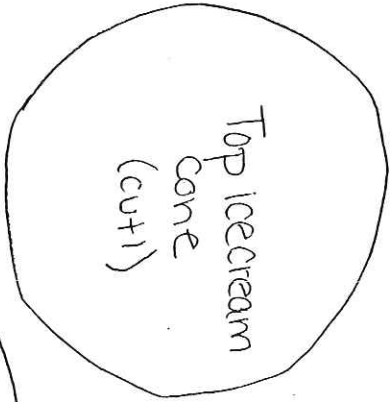


Pizza and Meat
Ball Pattern

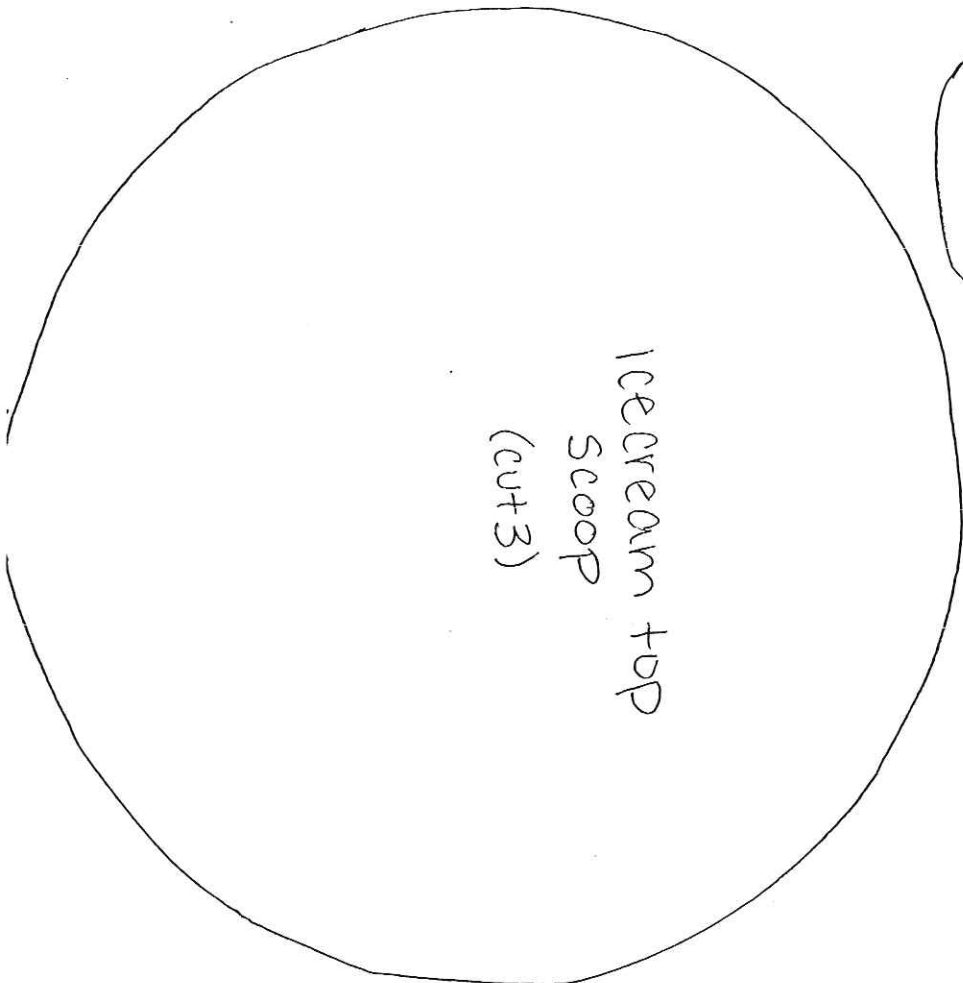
Ice-Cream
Pattern



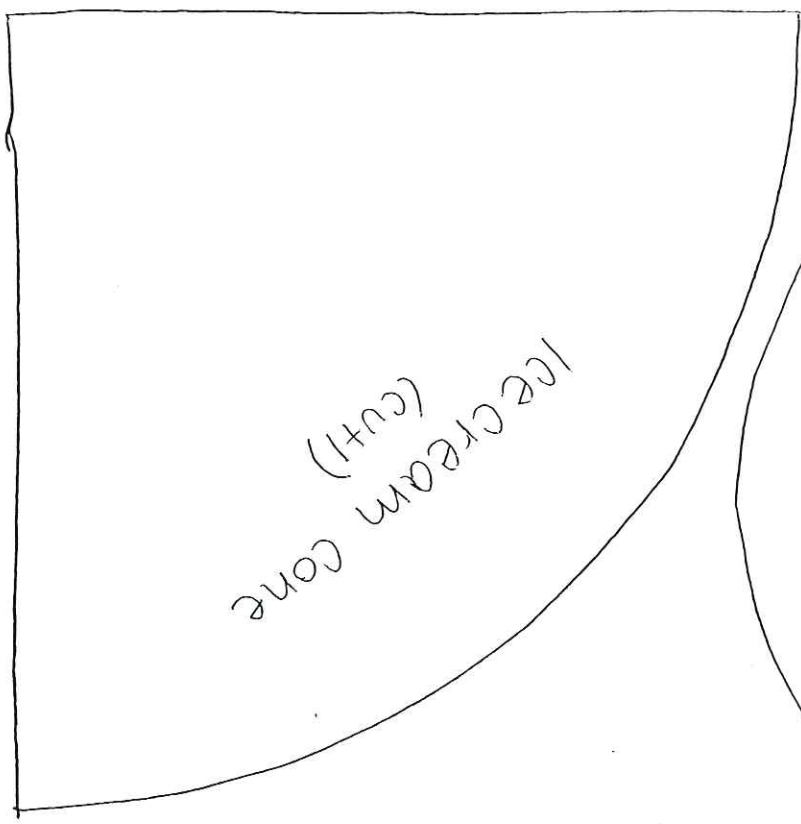
Icecream bottom
Scoop
(cut+3)



Top Icecream
cone
(cut+1)



Icecream top
Scoop
(cut+3)



Icecream cone
(cut+1)

