

Food Activities for Under 2s

Healthy eating learning experiences can start from a young age. The earlier children become familiar with and confident with food, the more likely they are to eat a wide variety of foods later on. In these early stages it's all about the senses and making it simple and fun. Touching, smelling and exploring foods in different ways are all important parts of the learning process.

From around 6 months

Cups, cups and more cups!

From 6 months of age babies can start to learn how to drink from a cup. Start with cooled, boiled water for babies under 12 months and then tap water once they reach their first birthday. By 12 months toddlers no longer need to drink from a bottle.



Transition through textures

6 MONTHS



pureed > mashed > chopped

8 MONTHS



Finger food

12 MONTHS



Family food

All of a child's nutritional needs should come from food by this age.

Food Vocabulary Skills

Talk to children about food
Describe foods – lots of conversations to build children's knowledge about food
Colours, flavours, textures, utensils, open and closing mouths

Motor skills

Encouraging babies to feed themselves – be prepared for mess

Make foods attractive and fun on the plate



Finger painting
Pattern making
Mushie peas
Pea painting
Rainbow spaghetti

