

On Chewing



1	2	3	4	5	6	7	8	9	10
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**When we put food in
our mouth, we must
chew nicely.**

**We can count to 10 to
remind ourselves to
chew.**

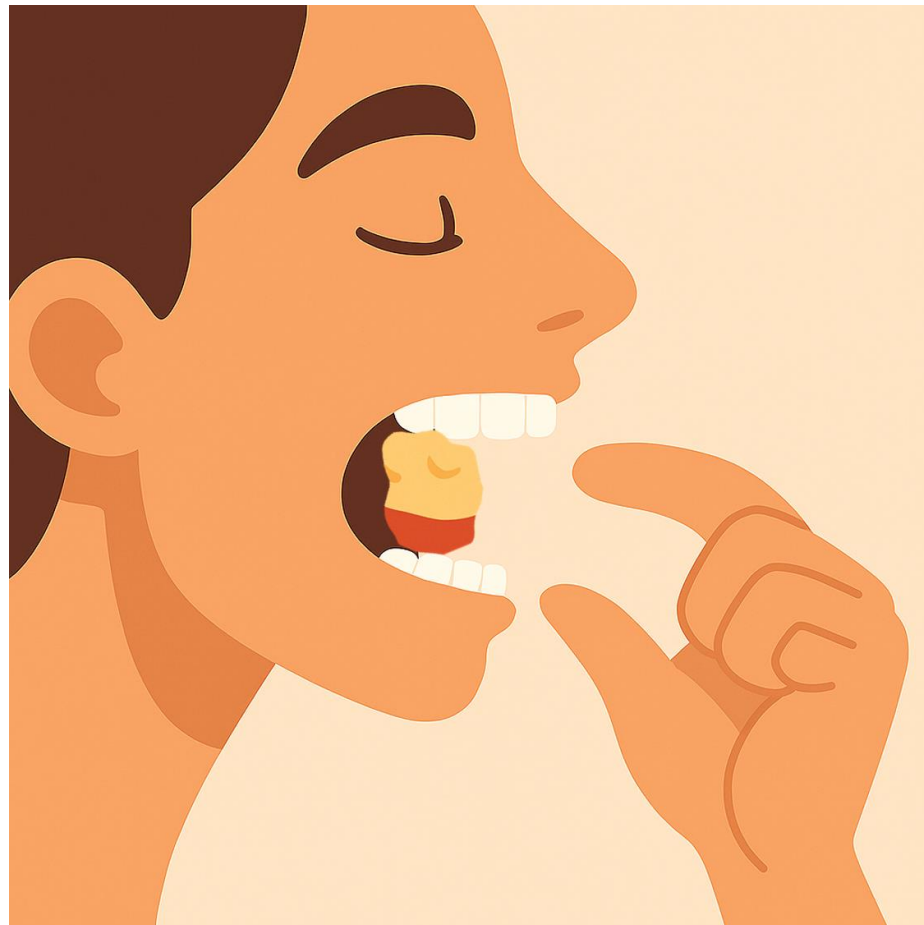


We bite with our front teeth and chew with our side teeth.

Front teeth



Side teeth



When we chew, a watery thing called Saliva comes out of the mouth.

Saliva mixes with the food nicely and helps us swallow food easily.



Our teeth are placed on pink colored bones called gums.

Teeth are covered with enamel.



**Chewing nicely keeps
our gums also healthy.**

**When gums are
healthy, they hold our
teeth in place nicely.**



**We must be careful
about chewing.**

**We can chew only
food items, things
that are edible.**



**We should not chew
on hard stuff like
wood.**

**The tooth may chip
off and start hurting.**



Activities



Activity 1

Read the book again. Discuss using the questions below. Keep the word list or the picture list ready as necessary. You can also add the words to an AAC like Aavaz.

- 1. What is it called when we use our front teeth to cut food?**
- 2. What do we do with our side teeth?**
- 3. Which teeth do you use to bite a banana?**
- 4. Which teeth do you use to eat roti?**
- 5. Which teeth do you use to eat curd/ice-cream?**
- 6. What is the liquid in our mouth called?**
- 7. When does saliva come out?**
- 8. Do you chew food? (Yes/No)**
- 9. Name three foods that you chew.**
- 10. How many times should we chew?**
- 11. Is it okay to swallow the food? (Yes/No)**
- 12. What is the rule for chewing that we can follow?**
- 13. What should we chew? (Present options - Vada versus book; Roti versus pencil etc.)**
- 14. Why should we chew the food? (to mix with saliva and swallow, keeps our gums healthy)**
- 15. Can we chew the hard material?**
- 16. Why can't we chew things that is not food? (Break our tooth, Tooth will hurt)**
- 17. Do you keep things that are not food in your mouth?**
- 18. What will happen if you chew very hard things?(Break our tooth, Tooth will hurt)**
- 19. How do we chew? (Consolidate - with side teeth, counting)**
- 20. What do we chew on?(Present the items from the word list, three at a time, some must be non chewable so that they can discriminate.)**



Activity 1 word list

Biting	Chew	Front teeth	Side teeth
No teeth	Saliva	While chewing	Yes
No	Chew for 10 counts	Paratha	Vada
Apple	Biriyani	Pizza	Pencil
Wood	Stone	Spoon	Clothes
Gums are healthy	Mixes with Saliva	Easy to swallow	Break our tooth
Tooth will hurt	Straw	Shirt	Fingers

Activity 1 word list with pictures

biting



chew



front teeth



side teeth



no teeth



saliva



while
chewing



yes



no



chew for 10
counts



parathas



vada



apple



biriyani

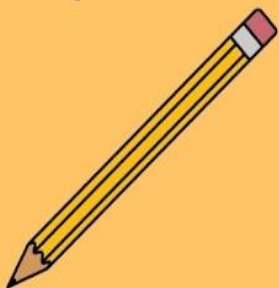


pizza

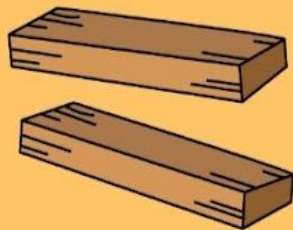


Activity 1 word list with pictures

pencil



wood



stone



spoon



clothes



gums are
healthy



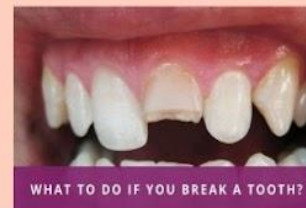
mixes with
saliva



easy to
swallow



break our
tooth



tooth will
hurt



straw



shirt



fingers



Activity 2

Use items from the activity 1 . Print attached word or picture lists. Also, keep Yes/No card ready.

1. Sorting : Sort foods based on edible versus inedible. Make many word cards or picture cards and let the children sort them in piles.

Label the trays. Can eat; and NO eat/ don't eat/ Cannot eat.

Pointers for conversation while children are sorting.

Where does it go? (Let the children keep the word/picture in the correct pile)

Why? (Because it is ...let them give the correct reason -provide avaz or word card so that they can respond either verbally or by pointing)

Let the children articulate their reasoning. For them to respond, keep the visuals ready in Avaz.

Activity 2 - continued

Consolidate by

1. When we can eat, we say they are 'Edibles'. Let them place this word next to 'Can eat' and similarly for the other pile.

When we cannot eat, we say they are 'Inedibles'. Let them place this word next to 'Cannot eat'.

2. All these are(edibles versus inedibles)

3. We can eat all the(Child fills in/points to the pile)

4. Vada,Poori, Pizza are(Edibles - can point to the correct pile/say the word/ point to the word on Avaz)

5. Table, stone, pencil are(Inedibles - can point to the correct pile/say the word/ point to the word on Avaz)

Can you chew on table? Why? (Because this is inedible)

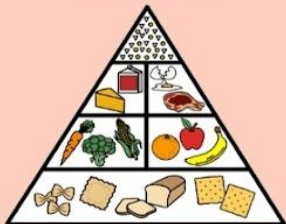
Can you chew a cucumber? Why? (Because this is edible)

Activity 2 word list

Edible	Inedible	I can eat	I cannot eat
Chair	Eraser	Pencil	Shirt
burger	Cake	Dal	Rice
poori	glue	Shoe	Mango
Laptop	Phone	Car	milkshake

Activity 2 word list with pictures

edible



inedible



I can eat



I cannot eat



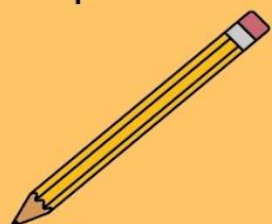
chair



eraser



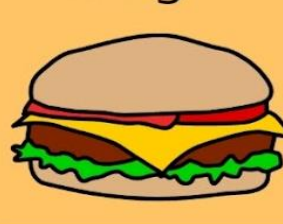
pencil



shirt



burger



cake



dal



rice



poori



glue



shoe



mango



laptop



phone



car



milkshakes



Activity 3

Use the material from the activities above.

Another category to sort :

Can chew versus cannot chew. Take many word cards or picture cards and let the children sort them in piles.

Label the trays - I can chew and I cannot chew.

You can repeat the above activity of sorting and make some extra cards.

Ask questions while sorting.

The pointers for conversation while sorting:

Where does it go? (Let the children keep the word/picture in the correct pile)

Why? (Because it is ...let them give the correct reason -provide avaz or word card so that they can respond either verbally or by pointing)

Let the children articulate their reasoning. For them to respond, keep the visuals ready in Avaz.

Activity 3 - Continued

Consolidate by asking questions like

- 1. All these are(I can chew....I cannot chew)**
- 2. We can eat all the(Child fills in/points to the pile)**
- 3. I can chew onVada, Poori, Pizza (can point to the correct pile/say the word/ point to the word on Avaz)**
- 4. I cannot chewTable, stone, pencil (I can point to the correct pile/say the word/ point to the word on Avaz)**

Can you chew on table? Why? (Because this is inedible)

Can you chew a cucumber? Why? (Because this is edible)

More words list

Stone	Glasses	Sandals	T shirt
Socks	Basket	Book	Puzzle
Sabji/ Poriyal	Paneer	Chicken	Beans
Beetroot	Pomegranate	Corn	

More words list with pictures

stones



glasses



sandals



t shirt



socks



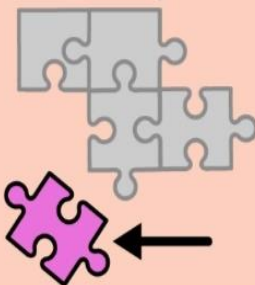
basket



book



puzzle piece



sabji/poriyal



paneer



chicken



beans



beetroot



pomegranate



corn



Activity 4

Once both kinds of sorting are done, we can combine both the first and second groups.

We can also consolidate 'I can chew ...Edibles' and 'I cannot chewInedibles'.

Pointers for the activity and conversation:

1. We mix up the word list from both edibles/inedibles and chew/cannot chew.

2. Just give them the pictures or words mixed together.

3. Let them categorise.

4. As they are sorting, ask

Vada is(They can say 'I can chew/edible/choose on Avaz or point to the word strip.

Similarly, for inedible/cannot chew.

5. Once they have sorted about 10 to 15 words into categories, give the strips 'I can chew/I cannot chew'. Let them sort these into relevant piles.

5. Then give 'Edibles' and 'Inedibles' strip. Let them place these in relevant piles.

6. Now consolidate 'All these are.....(Edibles/Inedibles).

'We can/cannot chew(Edibles/Inedibles)



On Chewing **Certificate**

**This is to certify that Mr./Ms. _____ has
mastered the theory of chewing and is an accomplished master
practitioner of the same.**

Facilitator

Parent