

LESSON 3: FOOD SIGNS



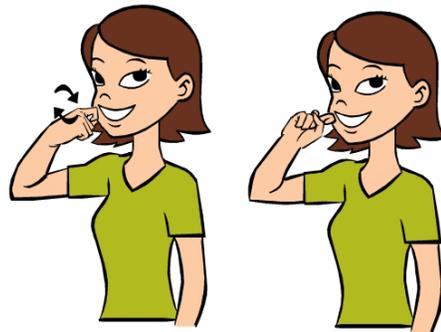
HUNGRY

Using your dominant C-hand, move hand from throat to stomach, as if showing food moving from top of esophagus down to stomach.



GRAPES

Make a fist or flat hand with non-dominant hand, then using dominant "claw" hand, bounce hand as if outlining grapes on a bunch.



APPLE

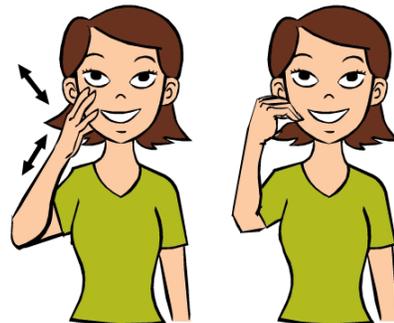
With a dominant X-hand, touch your middle knuckle to your cheek and twist it several times.

Memory Aid: Imagine your hand is an apple and your twisting it off of an apple tree.



BANANA

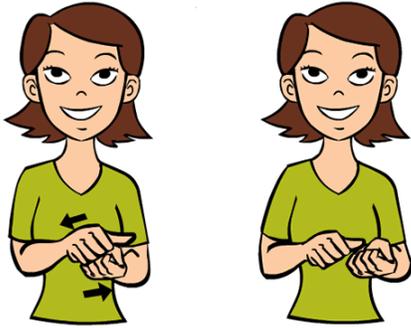
Point your index finger on your non-dominant hand up, as if it was a banana. With your dominant hand, "peel" the banana.



PEACH

With your dominant 5-hand, palm facing in, bring your fingertips together while stroking cheek. Do this motion twice.

Memory Aid: Think of feeling the soft fuzz on a peach, or of a man's "fuzzy" cheek after not shaving.



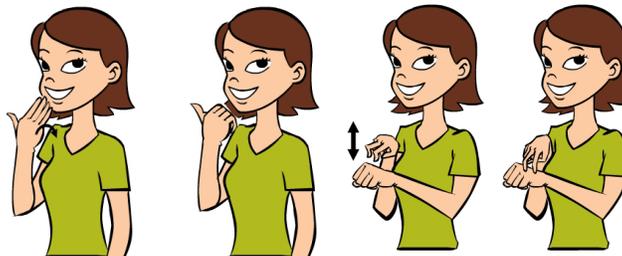
AVOCADO

Using 2 A-hands, slice open your “avocado” (non-dominant hand, palm facing up) with the thumb of your dominant hand.



CARROT

With your dominant hand, make a fist (S-hand) as if you are holding a carrot. Hold it in front of your mouth with your mouth slightly open. Pretend you are taking a bite of your “carrot”: close your mouth while simultaneously twisting hand upward.



SWEET POTATO

Combine the signs for SWEET + POTATO:

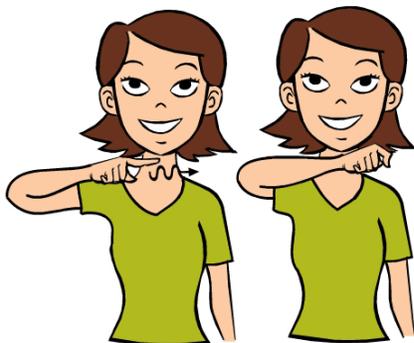
SWEET: Using a closed dominant hand, touch your fingertips to your chin, palm facing in. Pull your hand into a fist shape, then back into a flat handshake several times.

Memory aid: Think of wiping chocolate off of your chin.

POTATO: Use your dominant hand to make a V-hand, then bend your fingers downward so they are curved. Tap your fingertips on your non-dominant fist (S-hand) twice, just below your index finger.

Using dominant H-hand, swipe index + middle fingers against non-dominant flat hand (palm up) as if buttering toast.

Memory aid: Think of sticking a fork in a baked potato to see if it's done.



CEREAL

Place your dominant index finger above your upper lip. Making an inchworm-type motion, move it forward along your upper lip area (flex between a pointed index finger and X-handshape).

Memory Aid: Imagine a worm munching cereal off your

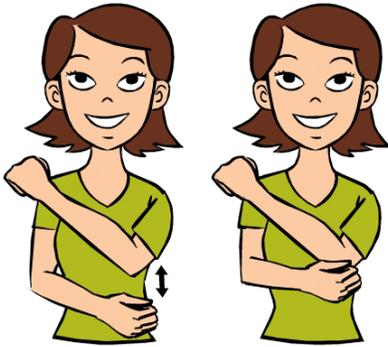


NOODLES

Using your 2 I-fingers, touch your pinky tips together at chest level. Make a twirling, circular motion with both hands while moving your hands apart, ending at shoulder width.

Memory Aid: Imagine a long, curly spaghetti noodle.

top lip.



CRACKER

Bend your non-dominant arm at a 90° angle and hold in front of your hand near your shoulder. With a dominant claw or S-hand, tap your hand on your non-dominant elbow several times.

Memory Aid: Think about cracking a nut on your elbow.



PEANUT BUTTER

Combine the signs for NUT + BUTTER:

NUT: Using dominant A-hand, flick thumb against top front teeth as if you just bit into a nut and chipped your tooth.

BUTTER: Using dominant H-hand, swipe index + middle fingers against non-dominant flat hand (palm up) as if buttering toast.



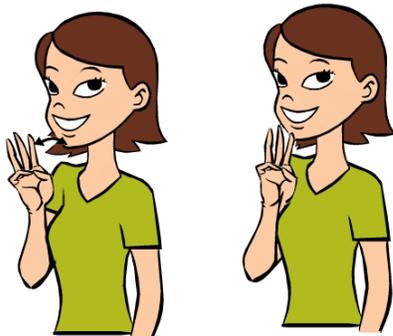
CHEESE

To sign *cheese*, hold your two hands flat with palms touching each other. Rub the hands together.



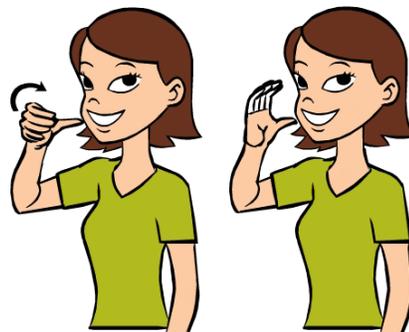
YOGURT

Use a dominant Y-hand and a non-dominant C-hand. With your C-hand cupped as if it were holding a cup of yogurt, use your Y-hand as if it were a spoon and “dip” your spoon into your “yogurt”, then move the yogurt towards your mouth.



WATER

Using your dominant W-hand, tap your index finger on your chin.



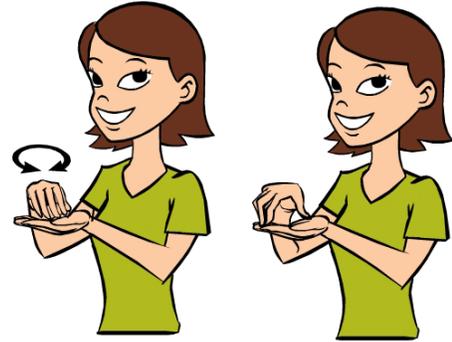
DRINK

Using your dominant C-hand, hold your hand in front of your mouth then tip your hand upward toward your face as if you are holding a cup and taking a drink.

CUP

Using dominant C-hand, tap your hand on your flat non-dominant hand.

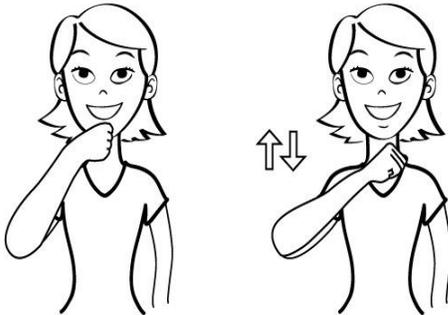
Memory Aid: Think of banging a cup on a table.



COOKIE

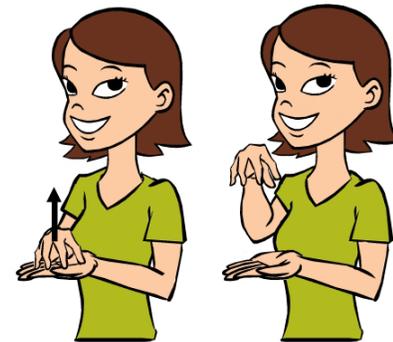
Hold your flat, closed non-dominant hand in front of your chest, palm up. With your dominant claw hand, twist your hand on your palm several times.

Memory Aid: Imagine you have just rolled out some cookie dough (non-dominant hand) and you are using a cookie cutter (dominant hand) to cut out your cookies.



ICE CREAM

Using dominant S-hand, mimic licking an ice cream cone by moving fist up/down in front of chin area (keep tongue in mouth).



CAKE

Using dominant "claw" hand, start with fingertips touching non-dominant flat hand (palm up), and move claw hand up as if outlining a tall, round cake.

Movement Song:

Everyone Can March

1. Everyone can march, march, march!
Everyone can march, march, march!
Everyone can march, march, march –
And now we make a stop!

2. Everyone can jump

4. Everyone can spin

3. Everyone go left

5. Everyone go right

Signing Song:

Apples & Bananas

(tune of I Like to Eat Apples & Bananas)

1. I like to **EAT, EAT, EAT, APPLES** and **BANANAS**

x 4

2. I like to **DRINK, DRINK, DRINK, MILK** and **WATER**

x 4

3. I want **MORE, MORE, MORE, PLEASE** and **THANK YOU**

x 4

4. I need **HELP, HELP, HELP, MOMMY** and **DADDY**

x 4

Signing Song:

Let's Go to the Market

Let's go to the market, let's go to the store

We can buy some.... _____!

And maybe a few things more!

Signing Song:

Snack Rap

(My Smart Hands Level 1 Album)

1. MILK and COOKIES, MILK, MILK and COOKIES

I said MILK and COOKIES, MILK, MILK and COOKIES

x 2

MOMMY I'm so HUNGRY, may I have MILK & COOKIES?

x 2

2. CHEESE and CRACKERS

3. SWEET POTATO

4. GRAPES and YOGURT

5. PEACH and APPLES

6. CAKE and ICE CREAM