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Emily Goudreault, M.A., CCC-SLP
Speech-Language Pathologist • Owner
www.high5speechtherapy.com
emily@high5speechtherapy.com
call/text: 616.510.4234 • fax: 616.344.0005

# SIGNS FOR LUNCH & DINNER FOODS

## BUT FIRST....HERE'S ANOTHER REASON TO KEEP USING SIGN LANGUAGE WITH YOUR CHILD!

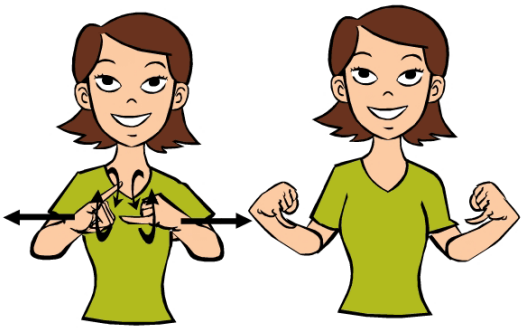
One seminal research study looking at sign language usage in young children showed that children whose parents taught them to use signs before they could talk – starting at 11 months old – had better language skills than a group of comparison children whose parents did not teach them to use signs.[1] These language skills included children understanding more words from the time they were 15 months old, and using more words and longer sentences from the time they were 2 years old until the end of the study when they were 3 years old.

1. Goodwyn, S., L. Acredolo, and A.L. Brown, Impact of symbolic gesturing on early language development. Journal of Verbal and Nonverbal Behavior, 2000. 24(2): p. 81-103.

# SIGNS FOR LUNCH & DINNER FOODS

## HUNGRY

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



## SPAGHETTI

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.

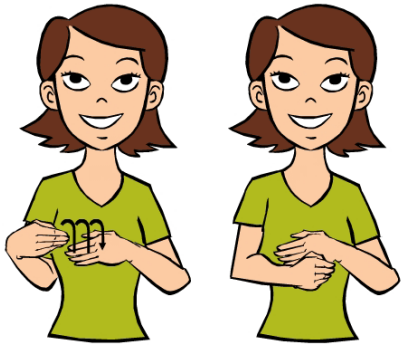
*Memory Aid:* Imagine a long, curly spaghetti noodle.

## MACARONI

With 2 G-hands starting at the midline together, move fingers out in the shape of a macaroni noodle.

## CHEESE

With 2 5-hands, hold your hands flat together with palms touching each other. Holding your non-dominant hand still, rotate your dominant hand back and forth.



## BREAD

Pretend your non-dominant B-hand is a loaf of bread. With a closed, flat, crooked dominant hand, use your fingertips to slice the loaf a couple times, bouncing toward the elbow on your non-dominant side.

## SANDWICH

Your dominant hand is flat and represents some kind of meat or "sandwich filling." Your non-dominant hand is bent at the large knuckles and the thumb is extended forward (pointing in the same direction as the fingers). The non-dominant hand represents a couple of slices of bread and looks as if it is holding a sandwich. Place the meat between the two slices of bread (put your dominant hand between the thumb and fingers of your non-dominant hand) and bring the "sandwich" up to your mouth.

## 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.

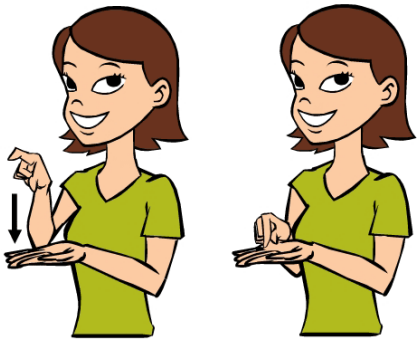
**BUTTER:** Using dominant H-hand, swipe index + middle fingers against non-dominant flat hand (palm up) as if buttering toast.

## JELLY / JAM

Hold your non-dominant hand palm up at abdomen level. Make the letter J with your dominant hand and scoop your pinky along the palm of your non-dominant hand.

## MEAT

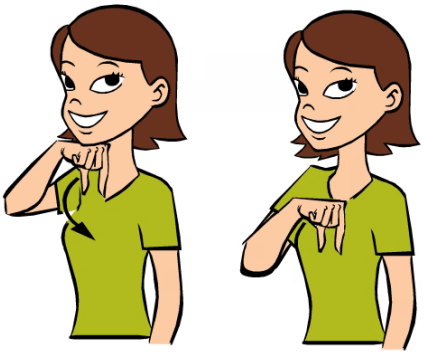
Hold your non-dominant hand palm down at chest level and grab the “meaty” part of your non-dominant hand with the index finger and thumb of your dominant hand. The non-dominant hand doesn't move at all; the right hand wiggles a bit as if getting a good grip on the meat.



## CHICKEN

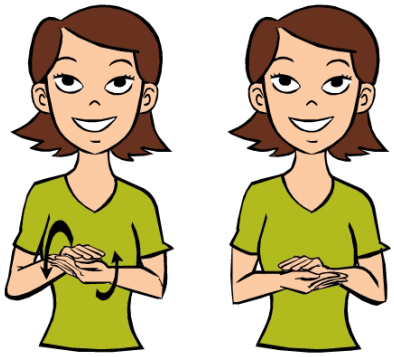
Make the bird sign, then “peck” at your non-dominant flat hand, palm up.

*Memory Aid:* Think of a chicken pecking around on the ground.



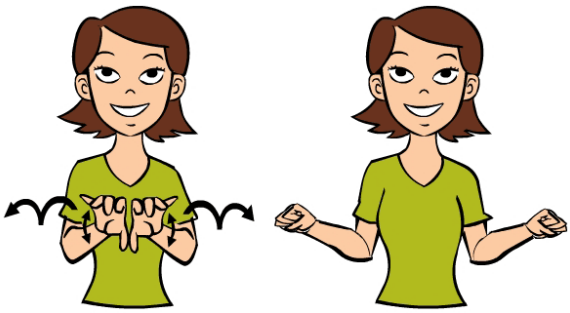
## TURKEY

Using your G-hand (also your Q-hand), hold the back of your hand under your chin and wiggle your hand a couple times as if it were a "wattle." Remember it’s your **G**-hand because a turkey **G**obbles.



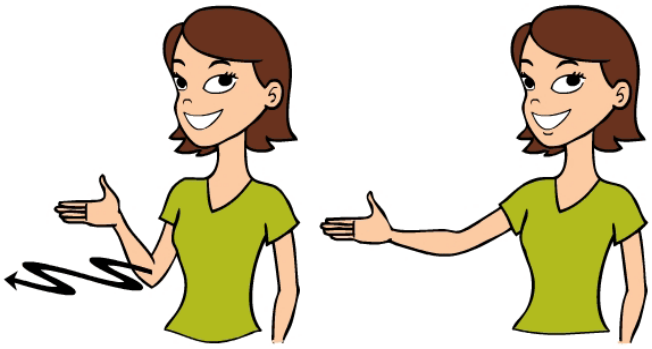
## HAMBURGER

Cup your right hand on top of your left hand. Now reverse the position of both hands. Imagine you are molding a hamburger patty in your hands.



## SAUSAGE or HOT DOG

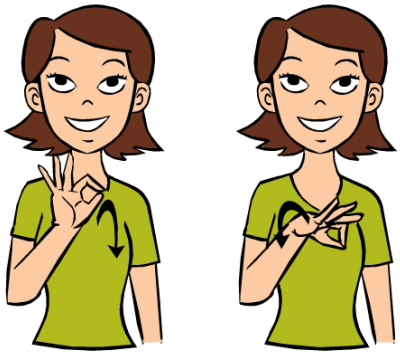
Starting at the middle of your body, alternate your hands between a C-handshape and an S-handshape while moving hands outward. You are showing sausage links.



## FISH

Using your dominant flat hand, extend your hand with your thumb up and fingers pointed forward out in front of your body. Shimmy your hand as you move it forward.

*Memory Aid:* Looks like a *fish* swimming through the water.



## FRENCH FRIES

Using your dominant F-hand, make a double up-down movment at chest level, moving slightly from the middle of your body to the outside.

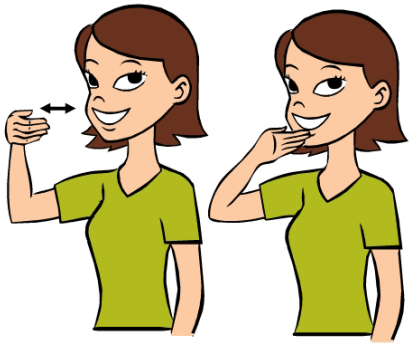
*Memory Aid:* Imagine you are holding a French fry and double dip it in ketchup.

## KETCHUP

Make a fist (S-hand) with non dominant hand at chest level. Using your dominant open 5-hand, bang on the thumb side of your non-dominant hand a couple times as if your hand is the bottom of a ketchup bottle and you are pouring the ketchup.

## SOUP

Hold your cupped non-dominant closed hand at chest level. With a dominant H-hand (index + middle fingers together), “scoop” from your non-dominant hand toward your mouth as if you are using a spoon to eat soup.

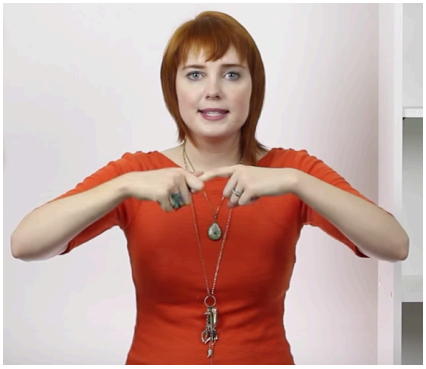


## PIZZA

With a closed, bent dominant hand, move your hand toward your mouth as if it is a slice of pizza.


## TACO

Using a closed dominant hand, cup your dominant hand at chest level upward as if it was a taco shell. With your non-dominant closed, flat hand, bounce into your taco shell 2 times.



## BEANS

Extend non-dominant pointer finger horizontally at chest level. With a dominant fist (S-hand), twist at the end of your finger in a forward motion twice.

**RICE**

Hold your non-dominant hand in either a cupped flat position, or rounded as if holding a cup/bowl. Using a dominant R-hand (index/middle fingers crossed), “scoop” from your non-dominant hand toward your mouth as if you are eating rice.

**There are lots of foods that are just fingerspelled**
**(no specific sign, just spell out the letters using alphabet signs),**
**here’s a few…**

Hummus
Mayo
Mustard
Nachos
Pasta

## Signing Song:

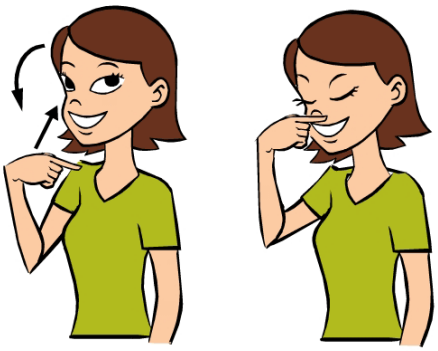
# On Top of Spaghetti

**ON top of SPAGHETTI, all covered with CHEESE**
**I lost my poor MEATBALL**
**when somebody SNEEZED**
**It ROLLED off the table, and onto the floor**
**And then my poor MEATBALL**
**It ROLLED out the door**

**It ROLLED in the garden, and UNDER a bush**
**And then my poor MEATBALL**
**Was nothing but mush**

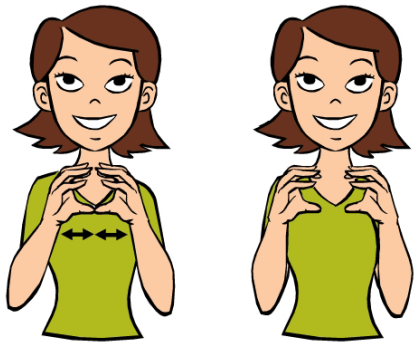
## ON

2 closed, flat hands, palms down. Start with non-dominant hand at chest level, then move dominant hand downward *on top* of it.



## SNEEZE

Hold your index finger under your nostrils and mimic sneezing.



## MEATBALL

This sign is a combination of MEAT and BALL:

**MEAT:** Hold your non-dominant hand palm down at chest level and grab the “meaty” part of your non-dominant hand with the index finger and thumb of your dominant hand. The non-dominant hand doesn't move at all; the right hand wiggles a bit as if getting a good grip on the meat.

**BALL:** With 2 open claw hands, tap your fingertips together several times.

*Memory Aid:* Imagine you have a grapefruit-sized ball in your hands.

## ROLL

Extend both pointer fingers and place above/below each other, pointed toward midline. Now “roll” your fingers in an outward motion.

## UNDER / BELOW

2 closed, flat hands, palms down. Start with non-dominant hand at chest level, above dominant hand, then circle dominant hand below your non-dominant hand several times.

## Signing Song:

# Peanuft Butter & Jelly

PEANUT, PEANUT BUTTER…and JELLY!
x2

First you take the PEANUTS and you
crush them, you crush them,
you crush them, crush them, crush them.
x2

Then you take the GRAPES/BERRIES and you
smash them, you smash them,
you smash them, smash them, smash them.
x2

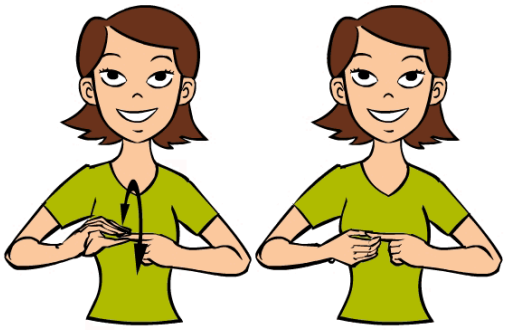
Then you take the BREAD and you
spread it, you spread it,
you spread it, spread it, spread it.
x2

Then you take the SANDWICH and you
you EAT it, you EAT it,
you EAT it, EAT it, EAT it!
x2

PEANUT, PEANUT BUTTER…and JELLY!
x2

## 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.



## BERRY / STRAWBERRY

Extend the index finger of your non-dominant hand and point it sideways at abdomen level with palm in. With your dominant hand, twist the tip of your non-dominant index finger, ending with your dominant hand ~1-2” in front of your index finger.

*Memory aid:* Think of pulling the stem off a strawberry, or picking a berry off of a bush.

*Usage tip:* This sign is the general sign for "strawberry." But it can be used to mean "berries" in general. So, the default meaning of the BERRY sign is "strawberry" but if you add BLUE at the beginning it changes to mean "blueberries." You can hold up an "R" and then sign BERRY and it will mean "raspberries."

# Signing Song:

# Pizza Song

(Tune of *“Twinkle, Twinkle Little Star”)*

**PIZZA, PIZZA, it’s a treat!**
**PIZZA, PIZZA, fun to EAT!**
**Stringy, goey CHEESE so yummy!**
**Love to put it in my tummy!**
**PIZZA, PIZZA, it’s a treat!**
**PIZZA, PIZZA, fun to EAT!**

## Movement Song:

# Looby Lou

1. Here we go Looby Loo, here we go Looby Lie
Here we go Looby Loo, all on a Saturday night!
You put 1 hand in, you put 1 hand out.
You give your hand a shake, shake, shake
And turn yourself around.

2. 2 hands  3. 1 foot  4. Your whole body

## Movement Song:

# Noble Duke of York

The Noble Duke of York, he had ten thousand men
He marched them UP to the top of the hill
And he marched them DOWN again
When you're UP, you're UP,
When you're DOWN, you're DOWN
When you're only halfway up
You're neither UP nor DOWN
He leaned them to the LEFT
He leaned them to the RIGHT
And then he marched them ROUND and ROUND,
Oh, what a silly sight!

# Signing Book:
# Dinnertime for Chickies

By Janee Trasler