

Touching and understanding Recognising



Activity: Recognising fruit

Each type of fruit has a different shape and texture. It can feel different when you press in it, depending on the ripeness. Scent also plays a role in recognising the fruit.

Set-up of the activity

0-2 2-4

- First let the client feel and smell the entire fruit before cutting or peeling it.
- Give the client the whole and cut fruit and make it clear that they are both the same fruit.
- Alternate by letting the client experience the whole and cut form of two fruits or its pieces.
- In case of tactual defensiveness, make sure to gradually build up the experience of fruit and give the client a wipe or help him to wipe his hands.
- Check whether the client wants to taste the fruit.

4-6

- Peel an orange for the client and let the client peel a banana.
- Give the client the whole and cut fruit and make it clear that they are both the same fruit; also let the client smell and taste the fruit.
- Use a fruit squeezer to squeeze the fruit together; let the client experience that the fruit has been turned into juice.

Points for observation and focus

- Be aware of the risk of suffocation: can the client process pieces of fruit in his mouth?
- Verify whether there is any aversion to grabbing the fruit with the hands; assess whether it is better to offer the fruit with a fork or spoon.
- Observe whether the client recognises the fruit.

Alternative materials

- Vegetables.

Can also be used in the categories

- Touch sensitivity (TST)
- Tactual exploration (TE)