

Use the Fork, Luke!

A little mealtime adventure with Luke, Ellie, and Pip



Scoop. Poke. Try again.



A little lunch adventure

Luke came to the Playhouse for lunch. Ellie had set a place for him, and Pip was peeking over the table.

“I want to try it myself,” said Luke.

First, Luke washed his hands. Then he sat with his feet resting on a little step. His grown-up put soft food on his plate.

“Ready?” asked Ellie. “Ready!” said Luke.

LOOK & TALK

Find Luke’s spoon. Now find his fork.



Scoop with the spoon

Luke looked into his little blue bowl. The porridge was thick and creamy.

“A spoon has a bowl of its own,” said Ellie.
“It can carry a little scoop.”

Luke held the handle and dipped his spoon into the porridge. He scooped just a little.

“Scoop,” whispered Pip. “Scoop,” said Luke.

LOOK & TALK

Can you make a scooping motion with your hand?



Slow and steady

Luke lifted his spoon. He kept its little bowl facing up.

“Slow and steady,” said Ellie.

Luke brought the spoon to his mouth and took a small bite. Then he lowered it back to the bowl.

“I did it!” said Luke. Pip gave a happy wiggle.

LOOK & TALK

Point to the spoon’s handle. Point to its little bowl.



Use the fork, Luke!

Next came a soft pasta spiral. Luke tried to scoop it, but it slipped away.

Ellie smiled. “Use the fork, Luke!”

Luke held his fork by the handle. He pointed the short prongs down at the pasta on his plate. Then he pressed gently.

“Poke!” said Pip. The pasta stayed on.

LOOK & TALK

Find the pasta on Luke’s fork.



One little bite

Luke lifted the fork slowly. One little piece of pasta came along.

He brought it to his mouth and took a bite. Then he lowered his fork to the plate.

“Poke, lift, bite,” said Luke.

Pip watched the empty fork. “Where did the pasta go?” Luke giggled and patted his tummy.

LOOK & TALK

Say it together: “Poke, lift, bite.”



Oops is part of trying

Luke tried another spoonful. Wobble, wobble... plop! A little porridge landed on the table.

Luke's smile slipped away.

"Spills happen," said Ellie. "We can wipe it up and try again."

Luke dabbed with his napkin. This time, he scooped a little less. Pip nodded. "Another little try!"

LOOK & TALK

Find the napkin. What can Luke do next?



Luke gets to choose

“Your turn to choose,” said Ellie.

Luke looked at his bowl. “A spoon for my porridge!” He made a little scoop.

Then he looked at his plate. “A fork for my pasta!” He gave one spiral a gentle poke.

Pip grinned. “You remembered!” Luke smiled. “I can choose, and I can ask for help.”

LOOK & TALK

Point to the spoon for porridge. Point to the fork for pasta.



A little more practice

A spoon for a scoop. A fork for a gentle poke.

Luke tried a little of each, with help when he wanted it.

“I’m still learning,” he said. “And I can keep trying.”

Ellie smiled. Pip wiggled his wings.

At the Playhouse, even lunch could be a little adventure.

LOOK & TALK

Which would you use to scoop: a fork or a spoon?

Read, point, and practice together

Follow your child's lead

Read and point together. A child can enjoy the story before they are ready to try using utensils.

Set up a little practice

Stay nearby. Seat your child upright with support for their feet. Offer child-sized utensils and soft food in pieces suited to your child. Check food temperature first.

Keep the steps simple

Spoon: scoop a little, keep the bowl facing up, lift to the mouth, and lower. Fork: gently press into soft food on the plate, lift a little bite, and lower.

Make room for trying

Offer help when wanted. Spills and fingers are part of learning. There is no need to finish the food or do every step at once.

An original Storybook Playhouse story