

**Food: Sensory Issues Identification** – BE SPECIFIC! – DON'T JUDGE! – ASK PERMISSION! (to try new things) – BE PATIENT!

Specific Sensory Documentation	Taste	Smell	In-Mouth Feel	Temperature	Sound	Other
<b>Mashed Potatoes</b>	Good (but not red potatoes)	Good	Hates it when there are little chunks of potato remaining	<u>Actually</u> likes them cold, b/c coldness feels soothing	No annoying sounds associated with this food	They <u>have to</u> have the right amount of salt; no melted butter
<b>Broccoli</b>	Awful	Awful	Hates it how the little florets tickle his palette	Doesn't matter, he won't eat it at any temp.	"When I eat broccoli, I can hear it wanting to kill me!"	Trauma memories of being forced to eat broccoli
<b>Chicken Nuggets (real meat)</b>	Ok - good	Good	Real chicken feels rubbery	Prefers nuggets at room temp.	"I can hear my teeth bouncing off the rubbery chicken!"	Will only eat Wendy's nuggets at the right temp.
<b>Peanut Butter</b>	Good, but only if super sweet	Good	Can't be the chunky kind	Prefers room temp., never warm or hot	N/A	Will eat it on celery sticks – likes the crunch
<b>Cucumber Slices</b>	Ok, but if bitter, will lead to a meltdown	Ok	Likes the crunch, but not the mushy center w/seeds	Likes them cold	N/A	Won't eat them without being able to dip in salt

Make as many copies of this as you need!

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**Notes:**