



Sensory preferences within food groups

List all the food and drinks you can think of for each of the boxes below.

What my child will eat or drink	Dairy (milk/cheese/yoghurt) and alternatives	Meat/protein foods	Fruit	Vegetables	Other foods	Drinks
Always						
Sometimes						
Never						

The words below describe the sensory properties of food and drinks.

Circle/highlight the words that describe which sensory properties your child prefers. You can also add your own words.

■ **TASTE:** bland, salty, savoury, sweet, sour, spicy _____

■ **TEXTURE:** smooth, consistent, moist, bite/dissolve, crunchy _____

■ **SIGHT:** shape, small amount, separate (on one or more plates) _____

■ **SMELL:** odourless, mild, strong, sweet, savoury, citrus, herbs, meaty, fishy

■ **TOUCH:** none, sticky, powdery (on hands, face, lips) _____

■ **TEMPERATURE:** frozen, icy, cold, room temp., warm, hot _____

■ **COLOUR:** white, brown, bright, colourful _____

Foods I would like my child to eat:

(These could include foods the rest of the family eat, but are not limited to these.)
