



# Uncovering Your Child's Food Sensory Profile

**Fill in all of your child's current favorite foods:**

Food	Color	Texture	Temperature
Chicken nuggets	Tan/white	Crunchy & tender	Warm

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# Breaking it Down

**After completing this exercise, what COLORS did you find that your child typically prefers?**

**After completing this exercise, what TEXTURES did you find that your child typically prefers?**

**After completing this exercise, what food TEMPERATURES did you find that your child typically prefers?**

**Any other patterns that you noticed? Shape (round, stick, etc)? Taste (salty/sweet or strong/bland)?**

# Putting it Together

## **My child's food sensory profile is:**

*Look back on the last page to put this together. If you noticed they liked beige, crunchy, and room temperature foods, that would be their food sensory profile!*

## **Some other foods that share this preference profile are:**

*If you're having a hard time coming up with this, I will help you come up with creative ideas in next week's modules! These are the foods we can start with because they are more comfortable for your child and are more likely to be successful when starting out!*

# Looking Ahead

**Foods that DO NOT share this preference profile,  
but that I'd like to get my child to eat are:**

*Maybe your child likes beige & crunchy foods, but you'd love them to try broccoli! Go ahead and write down some ideas and I'll teach you how to work your way there!*