

Child Name:
DOB:
Date Completed:

Food Log

Instructions:

- Log what your child eats for meals and snacks for the next 3 days- we will use this information to look at their sensory preferences
- Include all intake (milk, juice, grazing, supplemental nutrition)
- Include timing of liquids if not offered at meals- milk before/after naps, always presented right before food, always offered if they do not eat a meal
- Include amounts- ounces of liquids, bites of food, tablespoons of purees
- The more details the better!

Meal	Day 1	Day 2	Day 3
Breakfast			
Snack			
Lunch			
Snack			
Dinner			

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Food Sensory Profile

Food Item	Color	Texture	Temperature	Shape	Flavor

Commonalities: My Child Prefers foods that are...

Color	Texture	Temperature	Shape	Flavor