

## Food Journal - Sensory

Child's Name: \_\_\_\_\_

Recorder's Name: \_\_\_\_\_ Location: \_\_\_\_\_

Date	What Child Eats	Portion	Nutritional Quality	Movement Before Eating	Texture	Smell	Taste	Sound	Appearance

Nutritional Quality: 0 = non-food; 1 = sugar; 2 = processed food; 3 = whole food

Child's Hand Portion /: protein = palm size; carbs = handful size; fats/sugars = distal thumb digit

Sensory Components: Stimulating (+); Calming (-); Neutral (blank)