

Sensory Needs & Nutrition

Smell, texture, temperature, appearance and environment can strongly affect eating. Working with sensory needs can make nourishment more accessible.

Textures I find comfortable

Textures I find difficult

Flavours and smells I prefer

Temperatures I find easiest

Does food presentation affect me?

Does the eating environment affect me?

Noise, lighting, people, smells or distractions?

What adaptations make eating easier?

One sensory need I want to respect is...
