Understanding My Sensory Experiences

Notice how different sensory experiences can influence eating comfort.

What affects my eating experience?

- [ ] Texture and consistency
- [ ] Taste and flavour intensity
- [ ] Smell and aroma
- [ ] Temperature
- [ ] Appearance and colour
- [ ] Sounds associated with eating

Which sensory experiences feel comfortable or enjoyable?

Think about qualities that help food feel manageable.

Which sensory experiences can make eating difficult?

Notice any sensations that feel overwhelming or unpleasant.

Sensory preferences are individual

You do not need to tolerate discomfort to deserve supportive eating experiences.

My Food Comfort Check-In

Recognise what makes familiar foods comfortable and predictable.

Foods I usually feel comfortable eating

List familiar, reliable or preferred options.

What makes these foods comfortable?

Consider texture, flavour, temperature or predictability.

Foods that sometimes feel difficult

Notice foods or experiences that bring discomfort.

What influences my comfort?

- [ ] Consistent textures
- [ ] Familiar flavours
- [ ] Predictable appearance
- [ ] Food served separately
- [ ] Particular temperatures
- [ ] Specific preparation methods

Familiar foods matter

Reliable foods can provide comfort, predictability and valuable nourishment.

My Eating Environment

Consider how your surroundings affect comfort during meals.

What affects my comfort during meals?

Sensory factor	Comfortable	Difficult	Varies
Background noise	☐	☐	☐
Lighting	☐	☐	☐
Food smells	☐	☐	☐
Eating around others	☐	☐	☐
Seating and surroundings	☐	☐	☐
Interruptions or distractions	☐	☐	☐

Where do I usually feel most comfortable eating?

What small changes might make eating easier?

Comfort looks different for everyone

Small environmental adjustments can make a meaningful difference.

My Sensory Support Toolkit

Choose practical approaches that suit your preferences and circumstances.

Ideas I might want to try

Familiar food options

Keep preferred foods available when possible.

Adjusting textures

Try preparation methods that create comfortable consistencies.

Comfortable temperatures

Serve foods at temperatures that feel manageable.

Environmental adjustments

Consider lighting, noise, seating or eating utensils.

Reducing pressure

Allow flexibility around food combinations and mealtimes.

Which ideas feel realistic or useful for me?

Choose only what fits your needs.

Choose what fits

You can adapt, combine, pause or ignore any suggestion.

My Personal Sensory Nutrition Plan

Bring together what supports comfortable, manageable nourishment.

Use the white spaces to write, or print and complete by hand.

My comfortable foods

Foods I can usually enjoy or manage

My sensory preferences

Textures, tastes and temperatures that suit me

My sensory challenges

Experiences that can make eating difficult

My Personal Sensory Nutrition Plan

Continuing my personalised sensory support plan.

My preferred environment

Surroundings that help me feel comfortable

Adjustments that support me

Practical changes, equipment or assistance

My next gentle step

One manageable adjustment I might try

Your needs matter

Your sensory preferences and nutritional needs are both important.