

Creating that Ideal Eating Environment

<p>Taste</p> <p><i>What sort of tastes do they like? Spicy, bland, salty, sweet? What sort of meals can you think of that go with this preference?</i></p>	<p>Smell</p> <p><i>How do they react to smells? What smells can't they stand? What smells do they like?</i></p>
<p>Sight</p> <p><i>What do they like the plate to look like? What colours? Are the different foods touching? What is the eating space like? Is there clutter? Their favourite TV show? Do they like you sitting with them? What is the lighting like in the room they eat in?</i></p>	<p>Touch</p> <p><i>What texture of food do they like? Smooth? Crunchy? Do they like their food really hot? Does it help them to have a fidget toy? Do they like to touch their food? Does it upset them when you touch their food?</i></p>

<p>Hearing</p> <p><i>What do they like to hear? The radio? An audiobook? Nothing? Would ear-plugs help? White noise?</i></p>	<p>Vestibular</p> <p><i>How is their posture when they are eating? Would a chair with arms support them better? Do they like to sit on their feet? Do they rock?</i></p>
<p>Proprioception</p> <p><i>Do they often drop food on their lap? Get food on their face? Have you tried weighted cutlery?</i></p>	<p>Interoception</p> <p><i>Do they know when they are hungry? Do they know when they are full? Have you tried a regular schedule?</i></p>