

# FOOD

## Discussion points

- Does eating feel like a positive experience for your child, or does it cause distress?
- What textures, smells, or tastes do they seem to enjoy or avoid?
- How do they respond to mixed textures (e.g., soup with chunks, sauces on pasta)?
- Do they prefer predictable meals or variety?
- How do they react when their usual foods are unavailable?
- Do they seek control over how food is served (e.g., separate items, no mixing)?
- Are there differences in their eating habits at home compared to school or other settings?



Top Tips Sheet



Sensory Processing  
webinar