Smooth Food Sensory Food Session

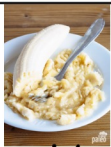Name: Date:
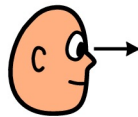
What I tried	What I did				What I thought	
angel delight	look	smell	touch	taste	🙂	☹️
jelly	look	smell	touch	taste	🙂	☹️
mashed potato	look	smell	touch	taste	🙂	☹️
mashed banana	look	smell	touch	taste	🙂	☹️
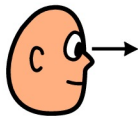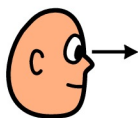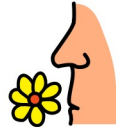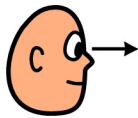
Did you enjoy this activity?   🙂 ☹️

Crunchy Food Sensory Food Session
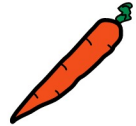
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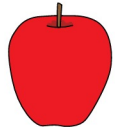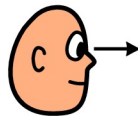
What I tried	What I did	What I thought
carrot	look · smell · touch · taste	👍😊 / 😠👎
apple	look · smell · touch · taste	👍😊 / 😠👎
pretzel	look · smell · touch · taste	👍😊 / 😠👎
ginger nut	look · smell · touch · taste	👍😊 / 😠👎
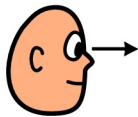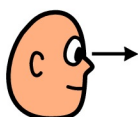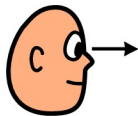
Did you enjoy this activity?

🙂 🙁

Temperature Sensory Food Session
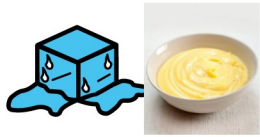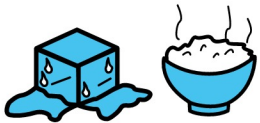
Name: Date:

What I tried	What I did				What I thought
hot custard	look	smell	touch	taste	🙂 ☹️
cold custard	look	smell	touch	taste	🙂 ☹️
hot rice pudding	look	smell	touch	taste	🙂 ☹️
cold rice pudding	look	smell	touch	taste	🙂 ☹️
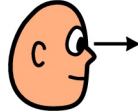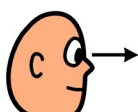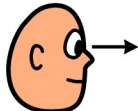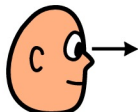
Did you enjoy this activity?   🙂 ☹️

Crunchy Foods Sensory Food Session

Name: Date:

What I tried	What I did	What I thought
crackers	look / smell / touch / taste	🙂 / ☹️
breadsticks	look / smell / touch / taste	🙂 / ☹️
cereal	look / smell / touch / taste	🙂 / ☹️
snack a jacks	look / smell / touch / taste	🙂 / ☹️

Did you enjoy this activity?