

Check off food your child currently eats. If your child previously accepted a food item but no longer eats the food, please circle the item.

Texture Preference:

- Crunchy
- Crisp
- Smooth
- Lumpy
- Uniform lumpy (i.e., cottage cheese)
- Hard
- Chewy
- Mixed consistencies

Taste Preference:

- Salt
- Sweet
- Spicy
- Tart
- Flavored
- Bland

Temperature Preference:

- Hot
- Warm
- Cold
- Cool

Appetite:

Best time of the day to eat

Overall description of appetite:

- Poor
- Fair
- Good
- Varies from day-to-day

Breads:

- Crackers
- Chips
- Pretzels
- Snack mix
- Bugles
- Cheese puffs
- Tostitos/taco chips
- Taco shells (hard)
- Flour tortillas
- Rolls
- Pizza crusts
- Hamburger/hot dog buns
- Bread: white, wheat, rye, potato, rice, gluten-free, pumpernickel, bagels, French bread
- Plain bread sticks
- Garlic bread sticks
- Texas toast/garlic bread
- Hot rolls, baked bread, crescent rolls, croissants
- Biscuits
- Doughnuts, sweet rolls, cinnamon rolls, caramel rolls
- Banana bread, pumpkin bread, apple bread, muffins
- Corn bread
- Cupcakes
- Cake, pies, pastries,
- Cheesecake
- Cookies
- Other _____

Meats:

- Baked chicken
 - Fried chicken
 - Chicken strips
 - Turkey
 - Poultry
 - Fish (fried)
 - Fish (baked or broiled)
 - Tuna
 - Salmon
 - Beef (steak, roast, deli-style)
 - Roast
 - Ribs
 - Deer
 - Hamburger
 - Steak
 - Ham
 - Veal
 - Pork
 - Sausage
 - Bacon
 - Chicken or ham salad
 - Tuna salad
 - Meatballs
 - Hot dogs
 - Corn dogs
 - Bologna
 - Lunch meat
 - Baby food meat sticks
 - Baby food meats (what types?)
-

Nuts:

- Peanut butter. Specific brands? _____
- Peanuts
- Walnuts
- Cashews
- Pecans

Potato Products:

- French fries
- Tater tots
- Hash browns
- Fried potatoes
- Baked potatoes
- Potato chips
- Potato wedges
- Shoestring potato strips
- Mashed potatoes
- Mashed potatoes (with butter)
- Mashed potatoes (with gravy)
- Scalloped/au gratin potatoes
- Baked sweet potatoes
- Candied sweet potatoes
- Sweet potato chips
- Sweet potato fries
- Vegetable chips
- Other _____

Condiments:

- Ketchup
- Mayonnaise
- Miracle whip
- Mustard
- Dijon or spicy mustard
- Honey mustard
- BBQ sauce
- A1 steak sauce
- Chili sauce
- Worcestershire sauce
- Ranch dressing
- Other salad dressings _____
- Butter or margarine
- Chip dip
- Gravy
- Other _____

Breakfast Foods:

- Oatmeal
- Cream of wheat
- Pop tarts
- Dry cereal
- Pancakes
- With fruit
- With syrup
- Waffles (homemade)
- Waffles (frozen)
- French toast
- Eggs
- Omelet
- Fried
- Boiled
- Poached
- With cheese, vegetables, salsa, chopped meats, etc.
- Toast
- With cinnamon or butter
- With jelly
- With apple butter
- With peanut butter
- With honey (after age 2)
- Breakfast shakes
- Yogurt
- Go-gurt (what types? _____)
- Fresh fruit
- Grits

Vegetables:

- Green beans
- Broccoli
- Cauliflower
- Corn
- Squash
- Cucumber
- Zucchini
- Spinach
- Carrots
- Lettuce
- Coleslaw
- Cabbage
- Sweet potatoes
- Tomatoes
- Asparagus
- Brussels sprouts
- Green pepper
- Onion
- Peas
- Salsa
- Vegetable baby food (what types) _____
- Other: _____

Liquids:

- Juice (circle all that apply): orange, cherry, berry, grape, fruit punch, strawberry, strawberry kiwi, cranberry fruit cocktail, white grape, pear, or other: _____
- Lemonade
- Milk (circle all that apply): whole, 2%, skim
- Flavored milk (what types? _____)
- Soda (circle all that apply): cola, lemon-lime, orange, grape, root beer, cream soda. Specific brands: _____
- Tea (circle all that apply): sweetened, unsweetened
- Milk shakes
- Water
- Other: _____

Fruit:

- Apple
- Banana
- Blueberry
- Cantaloupe
- Cherry
- Grapes
- Kiwi
- Lemon
- Lime
- Orange
- Pear
- Peaches
- Pumpkin
- Watermelon
- Raisin
- Raspberry
- Rhubarb
- Strawberry
- Tangerine
- Tomato
- Dried fruit
- Other: _____

Pasta/Italian-style Dishes:

- Spaghetti
- Lasagna
- spaghettiO's/RavioliO's
- casseroles (i.e., hamburger helper)
- pizza
- pizza toppings:

other: _____

rice dishes

noodle dishes

couscous

Soups:

- Cheese
- Cheese and broccoli
- Cheese and vegetables
- Chili
- Stew
- Vegetable
- Vegetable beef
- French onion
- Egg drop
- Beef noodle
- Chicken noodle
- Chicken and rice
- Other: _____

Cheese/Dairy:

- Cheddar
 - American
 - Parmesan
 - Swiss
 - Monterey Jack
 - Mozzarella
 - Colby
 - Cottage cheese
 - Sour cream
 - Yogurt (what types?)
-

- Cool whip
 - Whipped cream
 - Ice cream/sherbet (what types?)
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Please list your child's favorite foods/liquids:

- 1.
- 2.
- 3.
- 4.
- 5.

Please list your child's least-favorite foods/liquids:

- 1.
- 2.
- 3.
- 4.
- 5.

What goal foods would you like to see your child eat with the rest of the family?

- 1.
- 2.
- 3.
- 4.
- 5.

Are there times when your child eats well?

Comments:

*Fraker, C., Fishbein, M., Cox, S., & Walbert, L. (2007). *Food chaining*. Cambridge: Da Capo Press.
Adapted for use at Building Blocks, Inc. by Kasey Silverman, B.F.A., SLPA