

## INTRODUCTION TO 5-7 DAY DIET

It is important to know what foods your child is choosing or not choosing to eat and where they are chewing the food once it is in their mouth. To pinpoint the answers, it is important that you, the food provider, tabulate a 5-7 day diet of what your child is or is not consuming.

- 1) Please tabulate your child's food choices / preferences :  
\_\_\_\_\_
- 2) What tastes, textures, temperature and shape do they prefer :  
\_\_\_\_\_
- 3) Is your child biting off food to take in their mouth: between front teeth\_\_\_ between middle teeth\_\_\_ between back molars\_\_\_
- 4) Where are they chewing the food once it is in their mouth: front\_\_\_ middle\_\_\_ back\_\_\_ of mouth.
- 5) Their mouth is opened\_\_\_ closed\_\_\_ as they chew.
- 6) How much jaw movement is accompanying the chewing: very little\_\_\_ moderate amount\_\_\_ a whole lot\_\_\_
- 7) Is the lower jaw jutting out: yes\_\_\_ no\_\_\_
- 8) Is the lower jaw sliding from side to side: yes\_\_\_ no\_\_\_
- 9) Is your child stuffing their mouth regularly: yes\_\_\_ no\_\_\_
- 10) Is your child taking tiny mouse-size bites: yes\_\_\_ no\_\_\_
- 11) Are liquids used to wash down food: yes\_\_\_ no\_\_\_
- 12) Does your child tip their head forward to swallow: yes\_\_\_ no\_\_\_
- 13) Does your child tip their head backward to swallow: yes\_\_\_ no\_\_\_
- 14) Does your child tip their head sideways to swallow: yes\_\_\_ no\_\_\_

Observe and record your findings here and on the "7-Day Diet" Log Sheet attached. Please return this form and the completed log in 7 days.

We can then discuss increasing/decreasing textural demands and proper chewing habits the child can develop while acknowledging their taste preferences.

Thank you for your help and cooperation in this task.

# 7 Day Diet

Parents: Please keep a 7-day diet log on this page. Write down everything your child will and will not eat for each meal and snack for 7 days. Answer the yes/no questions on the first page. Please return this finished log and the completed introduction page in 7 days. Thank you for your help!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
B R E A K F A S T							
L U N C H							
S N A C K							
D I N N E R							
S N A C K							