**EATING AND FOOD PREPARATION**

**General Information**

**• He likes food that is served at room temperature.**

**• His food needs to be cut into bite-sized pieces.**

**• He likes having a napkin placed on his left side.**

**• He uses a fork and spoon independently.**

**• He can drink from a cup with or without a straw.**

**• If a cup is filled to the brim (at a restaurant), about 1 inch of liquid should be removed in order for him to drink from it without spilling**

**• At home, he uses a divided plate or large bowl so that he can push his up against the side.**

**• At home, he also uses a dycem mat under his plate or bowl to keep it from moving.**

**• He cannot have gum and should avoid very chewy foods (e.g., as Starbursts as they exacerbate his TMJ.**

**Lunchbox**

**• He needs physical assistance to open his lunchbox and the containers in it.**

**• He may need his food cut into bite-sized pieces**

**• If he has an apple or pear, he needs physical assistance to use the corer/slicer to prepare it.**

**Soda cans**

**• If the pull tab of a soda can is slightly lifted, he can complete opening it. He uses a can holder for his soda because he is temperature sensitive and the can is usually too cold for him to hold.**

**Buying lunch**

**• He needs physical assistance with a tray.**

**• He can make choices if given a selection of items from which to choose.**

**• He can use his wallet to pay the cashier.**

**• If he buys a sandwich, he will need assistance to take bites or his sandwich can be cut to bite size pieces**

**• Sandwiches with melted cheese stay together the best.**

**• He likes ketchup on the side of his french fries.**

**Difficult foods for him to eat**

**• Cake that breaks apart easily - scoop or stab it for him and leave the utensil on the plate for him to bring it to his mouth.**

**• Ice cream - scoop small spoonfuls for him and let him eat it at his own pace.**

**• Soup - avoid if possible, if not add lots of crackers**

**• Salad - he loves salad, but needs a bowl or high rimmed plate to help with scooping/stabbing**

**• Pizza - cut to bite-size pieces, let cool, and he can use a fork to eat it.**

**Foods he dislikes**

**• Pasta dishes with red sauce**

**• Soup**

**• Jello**

**• Avoid foods that fall apart (Lion’s choice sandwiches, messy nachos)**

**Foods he really likes**

**• Pizza**

**• Chicken fingers**

**• Salty snacks**

**• Taco chips with salsa**

**While eating out he likes**

**• Cheeseburgers**

**• Chicken fingers**

**• French fries**

**• Milk shakes**

**• Dr. Pepper/Mr. Pibb**

**• Salad**