

Record sheet

Use this simple record for each food so you know how to prepare and serve it.
Tick the best choice or write your own.

Your family hub has copies to take home with you, or print copies of this page.

Food:

How do they respond to this food?

☐ Rejects ☐ Plays with ☐ Smells ☐ Touches ☐ Sniffs ☐ Tastes ☐ Eats

How to cook it:

☐ Boil ☐ Steam ☐ Microwave ☐ Other:

How soft do they like it?

☐ Raw ☐ Hard ☐ Soft ☐ Very soft

How hot do they like it?

☐ Hot ☐ Warm ☐ Cool ☐ Cold

How do they like it served?

☐ Large pieces ☐ Small pieces ☐ Mashed ☐ Pureed ☐ Other:

☐ In a pile ☐ Lined up ☐ Around the edge ☐ Other:

Any other information: