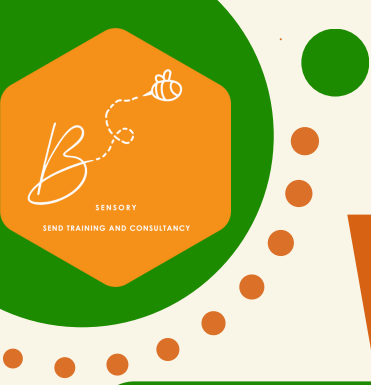


BSENSENSORY

SENSE-SATIONAL

FOOD





Welcome

This project has been designed to help you to discover different food characteristics whilst having fun baking and cooking different recipes. You will get the chance to explore different foods using all of your senses.



You see when we eat, there is more to it than just putting that bit of food in your mouth! The look, smell, taste and feel of the food all help decide whether we enjoy eating it or not.



During this project you will have the opportunity to try lots of different foods based upon their textures, feels, looks and smells. How they are cooked or used in recipes may change these things so you are encouraged to use your senses throughout as your enjoyment of food may change as you begin to have more fun and really understand your preferences!





Welcome

Let's take a journey of exploring different foods and try some awesome recipes.



As we make our way through the journal and test out the different recipes, we will find out fun facts not only about the foods we are making but also where they originate and any traditions attached to that food.

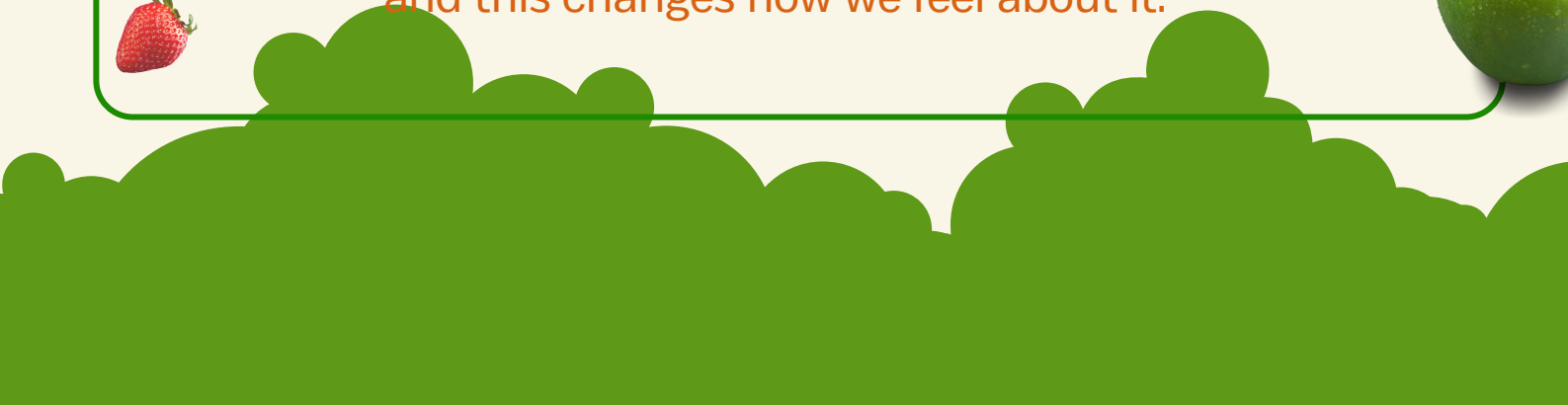


It is important to go at your pace and increase the challenge slowly. Don't feel pressure to do everything the first time you make the recipe. The main thing is to enjoy making and exploring different foods. It is ok to come back and make the recipe a few times to explore the different sensory challenges, the key is to enjoy making it NOT feeling pressured to taste it!

It is about taking tiny steps not giant leaps.



As you work through the journal, it is good to challenge yourself and try new things. Don't be put off if you are not keen doing something the first time, some times trying it again gives us a different experience and this changes how we feel about it.



Content

5- About me

6- Protein

18- Carbohydrates

34- Vegetables

43- Fruit

54- Dairy



About Me



My name is

I like to eat when it is:

Quiet. Busy
Calm Noisy

I like to eat with:

Friends. Family Alone
Music on The iPad

Safe foods I like to eat

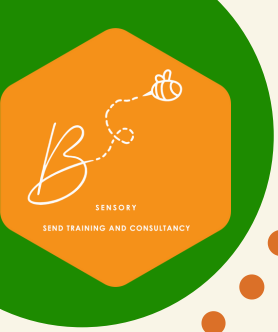
Something else

Foods I don't like to eat

highlight the food characteristics you like, and then highlight in a different colour the ones you don't like.

Crunchy Lumpy Soft
Chewy. Hot Cold Hard
Smooth. Bright colours
Spicy. Bland/plain Fruity
Sweet Savoury

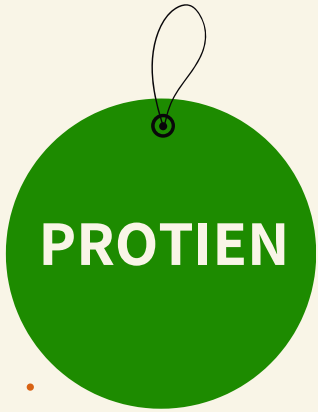




BSENSENSORY

SENSE-SATIONAL

FOOD



PROTIEN





PROTIEN

● Crispy Chicken Bites





✓ Mild taste ✓ Crunchy texture ✓ Easy to eat

Ingredients:

1 chicken breast (cut into bite-sized pieces)
1 cup plain breadcrumbs
1 egg, beaten
½ tsp salt
½ tsp garlic powder (optional)
1 tbsp oil for baking or air frying

Instructions:

- 1) Preheat oven to 200°C (180°C fan) or air fryer to 190°C.**
 - 2) Dip chicken pieces into beaten egg, then coat with breadcrumbs.**
 - 3) Place on a baking tray and drizzle with oil.**
 - 4) Bake for 15-20 minutes or air fry for 10-12 minutes until golden.**
- 
- 

Activity

● Can you think of a food for every letter

A
B
C
D
E
F
G
H
I
J
K
L
M
N

O
P
Q
R
S
T
U
V
W
X
Y
Z





Review



Date:

I found everything I needed						
I measured my ingredients						
I looked at the ingredients						
I smelled the ingredients						
I smelt the chicken bites						
I touched the ingredients						
I touched the chicken bites						
I licked the chicken bites						
I tasted the chicken bites on their own						
I tasted the chicken bites with some sauce						
I tasted the chicken bites with another food like chips						
I enjoyed the taste						





PROTIEN

● Smooth Scrambled Eggs





✓ Soft texture ✓ Neutral taste ✓ Quick to make

Ingredients:

2 eggs
1 tbsp butter
2 tbsp milk
Pinch of salt

Instructions:

1. In a bowl, whisk eggs with milk and salt.
 2. Heat butter in a pan on low heat.
 3. Pour in eggs and stir gently with a spatula.
 4. Cook slowly until just set and creamy
- 
- 



Review



Date:

I found everything I needed						
I measured my ingredients						
I looked at the ingredients						
I smelled the ingredients						
I smelt the scrambled egg						
I touched the ingredients						
I touched the scrambled egg						
I licked the scrambled egg						
I tasted the scrambled eggs on their own						
I tasted the scrambled egg with some sauce						
I tasted the scrambled eggs with another food like toast						
I enjoyed the taste						





PROTIEN

● Plain Turkey Patties





✓ Soft, burger-like texture ✓ Mild flavour ✓ Customisable

Ingredients:

250g minced turkey
½ tsp salt
¼ tsp garlic powder (optional)
1 tbsp breadcrumbs (for binding)

Instructions:

1. **Mix all ingredients in a bowl and shape into small patties.**
 2. **Cook in a non-stick pan over medium heat for 3-4 minutes per side.**
 3. **Serve plain or with a preferred dip.**
- 
- 



Review



Date:

I found everything I needed						
I measured my ingredients						
I looked at the ingredients						
I smelled the ingredients						
I smelt the turkey patties						
I touched the ingredients						
I touched the turkey patties						
I licked the turkey patties						
I tasted the turkey on their own						
I tasted the turkey patties with some sauce						
I tasted the turkey with another food like salad						
I enjoyed the taste						





PROTIEN



● Cheese & Chicken Quesadilla





✓ Mild flavours ✓ Crispy outside, soft inside ✓ Easy to hold and eat

Ingredients:

1 tortilla
½ cup shredded mild cheese
¼ cup cooked, shredded chicken
½ tbsp butter

Instructions:

1. Heat butter in a pan over medium heat.
 2. Place tortilla in pan, sprinkle cheese and chicken on half of it.
 3. Fold the tortilla and cook for 2 minutes per side until golden.
 4. Slice into small triangles for easy eating.
- 
- 



Review



Date:

I found everything I needed

I measured my ingredients

I looked at the ingredients

I smelled the ingredients

I smelt the Quesadilla

I touched the ingredients

I touched the Quesadilla

I licked the Quesadilla

I tasted the Quesadilla on
their own

I tasted the Quesadilla with
some sauce

I tasted the Quesadilla with
another food like rice

I enjoyed the taste





PROTIEN



● Greek Yoghurt & Banana Smoothie



✓ Cold & creamy texture ✓ Mild sweetness ✓ Easy to sip

Ingredients:


½ banana

½ cup Greek yoghurt (plain or vanilla)

½ cup milk

1 tsp honey (optional)

Instructions:

1. Blend all ingredients until smooth.
 2. Serve chilled in a cup with a straw.
- 
- 



Review



Date:

I found everything I needed						
I measured my ingredients						
I looked at the ingredients						
I smelled the ingredients						
I smelt the smoothies						
I touched the ingredients						
I touched the smoothies						
I licked the smoothies						
I tasted the smoothies on their own						
I tasted the smoothies with some sauce						
I tasted the smoothies with another food like oats						
I enjoyed the taste						





BSENSE

SENSE-SATIONAL

FOOD

CARBS





CARBS

● Buttery Pasta

✓ Soft texture ✓ Mild taste ✓ Customisable

Ingredients:

1 cup plain pasta (e.g., penne, fusilli)
1 tbsp butter
Pinch of salt

Instructions:

- 1. Cook pasta according to package instructions, then drain.**
- 2. Stir in butter and salt.**
- 3. Serve plain or with a light sprinkle of cheese if tolerated.**



Review



Date:

I found everything I needed						
I measured my ingredients						
I looked at the ingredients						
I smelled the ingredients						
I smelt the pasta						
I touched the ingredients						
I touched the pasta						
I licked the pasta						
I tasted the pasta on their own						
I tasted the pasta with some sauce						
I tasted the pasta with another food like cheese						
I enjoyed the taste						





Review



Date:

I found everything I needed

I measured my ingredients

I looked at the ingredients

I smelled the ingredients

I smelt the mash

I touched the ingredients

I touched the msdh

I licked the mash

I tasted the pasta on their own

I tasted the mash with some sauce

I tasted the mash with another food like cheese

I enjoyed the taste





CARBS

● Toast with Butter or Spread





- ✓ Crispy or soft (depending on preference)
- ✓ Familiar and easy to eat

Ingredients:

1 slice of white or wholemeal bread
1 tsp butter, margarine, or mild spread

Instructions:

- 1. Toast bread to preferred level of crispness.**
 - 2. Spread butter evenly and serve.**
- 
- 



Review



Date:

I found everything I needed						
I measured my ingredients						
I looked at the ingredients						
I smelled the ingredients						
I smelt the toast						
I touched the ingredients						
I touched the toast						
I licked the toast						
I tasted the toast on it's own						
I tasted the toast with some jam/choc spread						
I tasted the toast with another food like cheese or beans						
I enjoyed the taste						





CARBS



Coconut Rice

✓ Soft texture ✓ Plain and neutral ✓ Easy to eat

Ingredients:

½ cup white rice
1 cup coconut milk
1 tsp butter
Pinch of salt

Instructions:

1. **Rinse rice and cook according to package instructions using the coconut milk instead of water**
2. **Once cooked, stir in butter and salt.**
3. **Serve warm.**



Review



Date:

I found everything I needed						
I measured my ingredients						
I looked at the ingredients						
I smelled the ingredients						
I smelt the rice						
I touched the ingredients						
I touched the rice						
I licked the rice						
I tasted the rice on it's own						
I tasted the rice with some jam/choc spread						
I tasted the toast with another food like chicken breast						
I enjoyed the taste						





CARBS

● Plain Pancakes





Soft and fluffy Mildly sweet Easy to hold

Ingredients:

½ cup plain flour
½ cup milk (or dairy-free alternative)
1 egg
1 tbsp butter (for cooking)

Instructions:

- 1. Whisk flour, milk, and egg together until smooth.**
 - 2. Heat butter in a pan and pour small amounts of batter.**
 - 3. Cook until golden on both sides.**
- 
- 

Fun Fact

Did you know that the first pancakes were eaten by the Romans and called Alita Dolcia.

Every year in Olney, England, they hold a pancake race in celebration of "pancake day".

The world's biggest pancake measured 49+ feet and weighed 6,614 pounds!





Review



Date:

I found everything I needed						
I measured my ingredients						
I looked at the ingredients						
I smelled the ingredients						
I smelt the pancakes						
I touched the ingredients						
I touched the pancakes						
I licked the pancakes						
I tasted the pancakes on it's own						
I tasted the pancakes with some jam/choc spread						
I tasted the pancakes with another food like lemons or oranges						
I enjoyed the taste						





CARBS

● Plain Crackers with Cheese



✓ Crunchy texture ✓ Mild taste ✓ Great for snacking

Ingredients:

3-4 plain crackers (e.g., Ritz, cream crackers)
1 slice mild cheese (optional)

Instructions:

1. **Serve crackers plain or with cheese on top.**
 2. **Adjust portion size based on preference.**
- 
- 



Review



Date:

I found everything I needed						
I measured my ingredients						
I looked at the ingredients						
I smelled the ingredients						
I smelt the crackers						
I touched the ingredients						
I touched the crackers						
I licked the crackers						
I tasted the crackers on it's own						
I tasted the crackers with some cheese spread on						
I tasted the crackers with another food like ham						
I enjoyed the taste						





CARBS

● Simple White Bread Pasta Bake





✓ Soft and easy to chew ✓ Mild flavour ✓ Comforting texture

Ingredients:

1 cup cooked pasta
¼ cup grated mild cheese
¼ cup milk
1 slice white bread (crumbled)

Instructions:

1. Preheat oven to 180°C.
 2. Mix cooked pasta with cheese and milk.
 3. Top with crumbled white bread.
 4. Bake for 10 minutes until warmed through.
- 
- 



Review



Date:

I found everything I needed

I measured my ingredients

I looked at the ingredients

I smelled the ingredients

I smelt the pasta

I touched the ingredients

I touched the pasta

I licked the pasta

I tasted the pasta on their own

I tasted the pasta with some sauce

I tasted the pasta with another food like cheese

I enjoyed the taste





BSENSENSORY

SENSE-SATIONAL

FOOD

VEGGIES





VEGGIES

● Roasted Sweet Potato Wedges



✓ Crispy outside, soft inside ✓ Naturally sweet ✓ Hand-held food

Ingredients:

1 medium sweet potato, peeled and cut into wedges

1 tbsp olive oil

Pinch of salt

Instructions:

1. **Preheat oven to 200°C (180°C fan).**
 2. **Toss sweet potato wedges with olive oil and salt.**
 3. **Bake for 20-25 minutes, flipping halfway.**
- 
- 



Review



Date:

I found everything I needed

I measured my ingredients

I looked at the ingredients

I smelled the ingredients

I smelt the wedges

I touched the ingredients

I touched the wedges

I licked the wedges

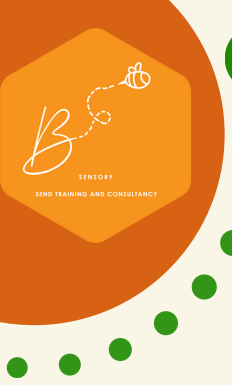
I tasted the wedges on their own

I tasted the wedges with some sauce

I tasted the pasta with another food like grilled chicken

I enjoyed the taste





VEGGIES

● Blended Vegetable Soup

✓ Smooth & creamy ✓ Mild flavour ✓ Warm and comforting

Ingredients:

1 carrot, peeled and chopped
1 small potato, peeled and chopped
½ cup vegetable broth
1 tbsp butter

Instructions:

- 1. Boil vegetables in broth until soft.**
- 2. Blend until smooth, adding butter for extra creaminess.**
- 3. Serve warm in a cup or bowl.**



Review



Date:

I found everything I needed

I measured my ingredients

I looked at the ingredients

I smelled the ingredients

I smelt the soup

I touched the ingredients

I touched the soup

I licked the soup

I tasted the soup on their own

I tasted the soup with some bread/toast

I tasted the soup with another food like croutons

I enjoyed the taste





VEGGIES

● Mild Carrot & Potato Pancakes





✓ Crispy outside, soft inside ✓ Familiar format ✓ Mildly sweet

Ingredients:

½ cup grated carrot
½ cup grated potato
1 egg
1 tbsp flour
1 tbsp oil (for frying)

Instructions:

1. **Mix all ingredients in a bowl.**
 2. **Heat oil in a pan and shape small pancakes.**
 3. **Cook for 2-3 minutes per side until golden.**
- 
- 



Review



Date:

I found everything I needed						
I measured my ingredients						
I looked at the ingredients						
I smelled the ingredients						
I smelt the pancakes						
I touched the ingredients						
I touched the pancakes						
I licked the soup						
I tasted the pancake on their own						
I tasted the pancake with some sauce						
I tasted the pancake with another food like feta cheese						
I enjoyed the taste						





VEGGIES



Soft Roasted Butternut Squash





✓ Naturally sweet ✓ Soft and smooth ✓ Warm and comforting

Ingredients:

1 cup butternut squash, peeled and cubed
1 tbsp olive oil
Pinch of salt

Instructions:

- 1. Preheat oven to 190°C.**
 - 2. Toss squash cubes with olive oil and salt.**
 - 3. Bake for 20-25 minutes until soft.**
- 
- 



Review



Date:

I found everything I needed						
I measured my ingredients						
I looked at the ingredients						
I smelled the ingredients						
I smelt the squash						
I touched the ingredients						
I touched the squash						
I licked the squash						
I tasted the squash on their own						
I tasted the squash with some sauce						
I tasted the squash with another food like feta cheese						
I enjoyed the taste						





BSENSE

SENSE-SATIONAL

FOOD

FRUIT





FRUIT

● Soft Baked Apple Slices

✓ Tender & sweet ✓ Familiar taste ✓ Easy to chew

Ingredients:

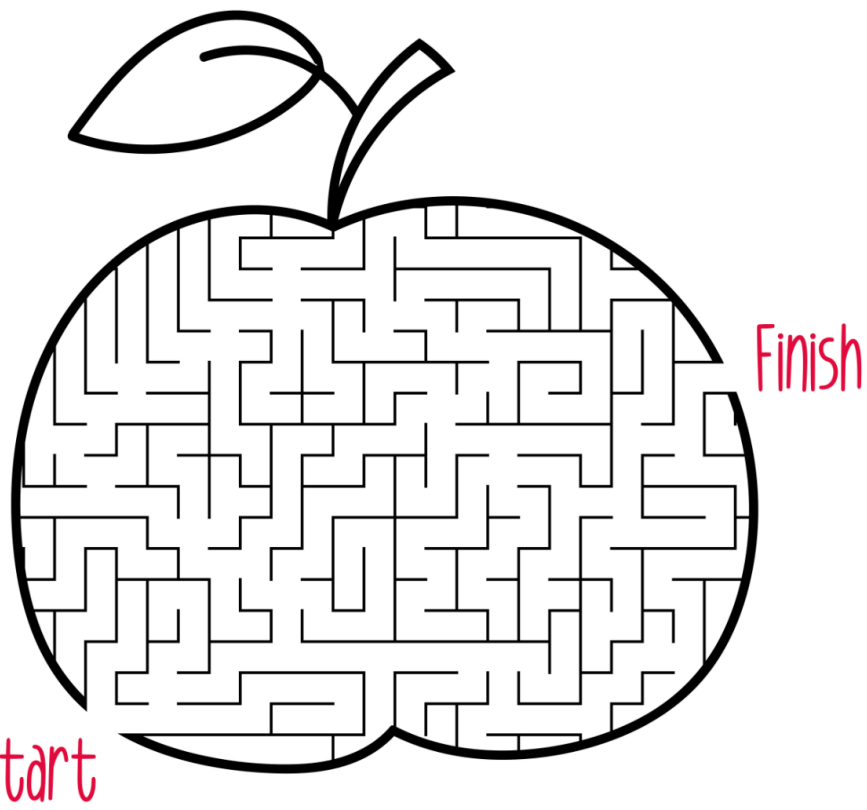
1 apple, peeled and sliced
1 tsp butter (optional)
¼ tsp cinnamon (optional)

Instructions:

- 1. Preheat oven to 180°C.**
- 2. Place apple slices in a baking dish and dot with butter.**
- 3. Bake for 15-20 minutes until soft.**

Activity

● Find your way through the maze





Review



Date:

I found everything I needed

I measured my ingredients

I looked at the ingredients

I smelled the ingredients

I smelt the apple

I touched the ingredients

I touched the apple

I licked the apple

I tasted the apple on their own

I tasted the apple with some syrup

I tasted the apple with another food like rice pudding

I enjoyed the taste





FRUIT

● Simple Fruit Smoothie

✓ Drinkable texture ✓ Mild and customisable ✓ No chewing required

Ingredients:

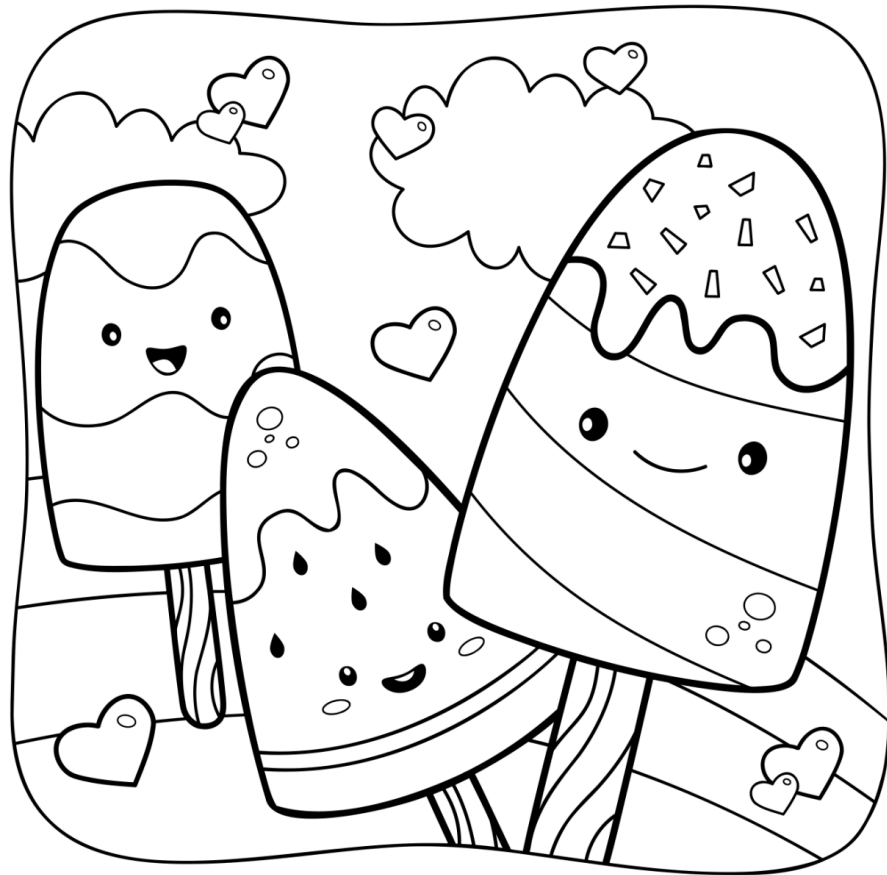
½ banana
½ cup milk (or dairy-free alternative)
¼ cup mild yoghurt

Instructions:

1. Blend all ingredients until smooth.
2. Serve cold in a cup or with a straw.

Activity

● Colouring





Review



Date:

I found everything I needed						
I measured my ingredients						
I looked at the ingredients						
I smelled the ingredients						
I smelt the smoothie						
I touched the ingredients						
I touched the smoothie						
I licked the smoothie						
I tasted the smoothie on their own						
I tasted the apple with some extra fruit in						
I tasted the apple with another food coconut milk						
I enjoyed the taste						





FRUIT

● Soft Poached Pears





✓ Mild & juicy ✓ Easy to chew ✓ Naturally sweet

Ingredients:

1 ripe pear, peeled and sliced
½ cup water

Instructions:

- 1. Simmer pear slices in water for 5-10 minutes until soft.**
 - 2. Serve warm or cool.**
- 
- 



Review



Date:

I found everything I needed

I measured my ingredients

I looked at the ingredients

I smelled the ingredients

I smelt the pears

I touched the ingredients

I touched the pears

I licked the pears

I tasted the pears on their own

I tasted the pears with some spice like cinnamon

I tasted the apple with another food like ice cream

I enjoyed the taste





FRUIT

● DIY Fruit & Cereal Clusters

✓ Crispy with soft fruit bits ✓ Mild flavour ✓ Easy to customise

Ingredients:

½ cup dry cereal (like cornflakes or rice crisps)
¼ cup dried fruit (small pieces of apple, banana, or berries)
1 tbsp melted white chocolate or honey (to bind)

Instructions:

- 1. Mix cereal and dried fruit in a bowl.**
- 2. Drizzle with melted white chocolate or honey, then stir to coat.**
- 3. Scoop small clusters onto parchment paper and let set.**



Review



Date:

I found everything I needed						
I measured my ingredients						
I looked at the ingredients						
I smelled the ingredients						
I smelt the mix						
I touched the ingredients						
I touched the mix						
I licked the mix						
I tasted the mix on it's own						
I tasted the mix with some spice like cinnamon						
I tasted the mix with another food like Greek yogurt						
I enjoyed the taste						





BSENSE

SENSE-SATIONAL

FOOD

DAIRY





DAIRY

● Cheesy Scrambled Eggs

✓ Soft & creamy ✓ Mild taste ✓ Good protein source

Ingredients:

2 eggs
2 tbsp milk
¼ cup mild cheese (like mozzarella or cheddar)

Instructions:

1. Whisk eggs with milk.
2. Cook on low heat, stirring gently.
3. Stir in cheese just before serving.



Review



Date:

I found everything I needed						
I measured my ingredients						
I looked at the ingredients						
I smelled the ingredients						
I smelt the eggs						
I touched the ingredients						
I touched the eggs						
I licked the eggs						
I tasted the eggs on it's own						
I tasted the eggs with some sauce						
I tasted the eggs with another food like toast						
I enjoyed the taste						





DAIRY

● Soft Rice Pudding

✔ Warm & creamy ✔ Mild sweetness ✔ Smooth texture

Ingredients:

½ cup cooked white rice

½ cup milk

½ tsp sugar or honey

Instructions:

1. Heat milk and rice in a small pot, stirring often.
2. Add sugar and simmer until thick and creamy.
3. Serve warm or chilled.

Activity

● Colouring





Review



Date:

I found everything I needed

I measured my ingredients

I looked at the ingredients

I smelled the ingredients

I smelt the rice pudding

I touched the ingredients

I touched the rice pudding

I licked the rice pudding

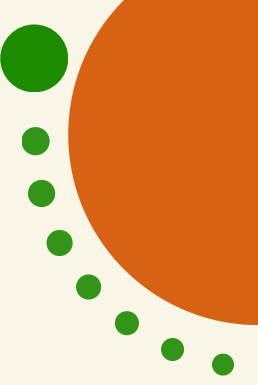
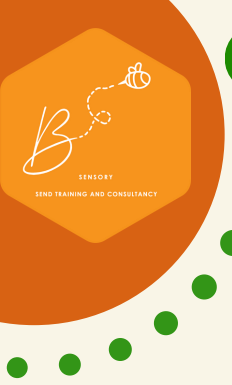
I tasted the rice on it's own

I tasted the rice with some spice like cinnamon or nutmeg

I tasted the rice pudding with another food like jam

I enjoyed the taste





● Soft Mac & Cheese

✓ Comforting & familiar ✓ Soft & easy to eat ✓ Mild taste

Ingredients:

½ cup cooked pasta
¼ cup milk
¼ cup mild cheese (grated)

Instructions:

Heat milk in a pan and stir in cheese until melted.
Mix with cooked pasta until coated.
Serve warm.

1.





Review



Date:

I found everything I needed

I measured my ingredients

I looked at the ingredients

I smelled the ingredients

I smelt the Mac cheese

I touched the ingredients

I touched the mac cheese

I licked the mac cheese

I tasted the mac cheese on
it's own

I tasted the mac cheese
with some sauce

I tasted the mac cheese
with another food like
garlic bread

I enjoyed the taste





DAIRY



● Soft Cheese Pizza

✓ Familiar & mild ✓ Easy to customise ✓ Soft but slightly chewy texture

Ingredients:

1 small pre-made pizza base or soft tortilla
2 tbsp mild tomato sauce
½ cup shredded mozzarella cheese

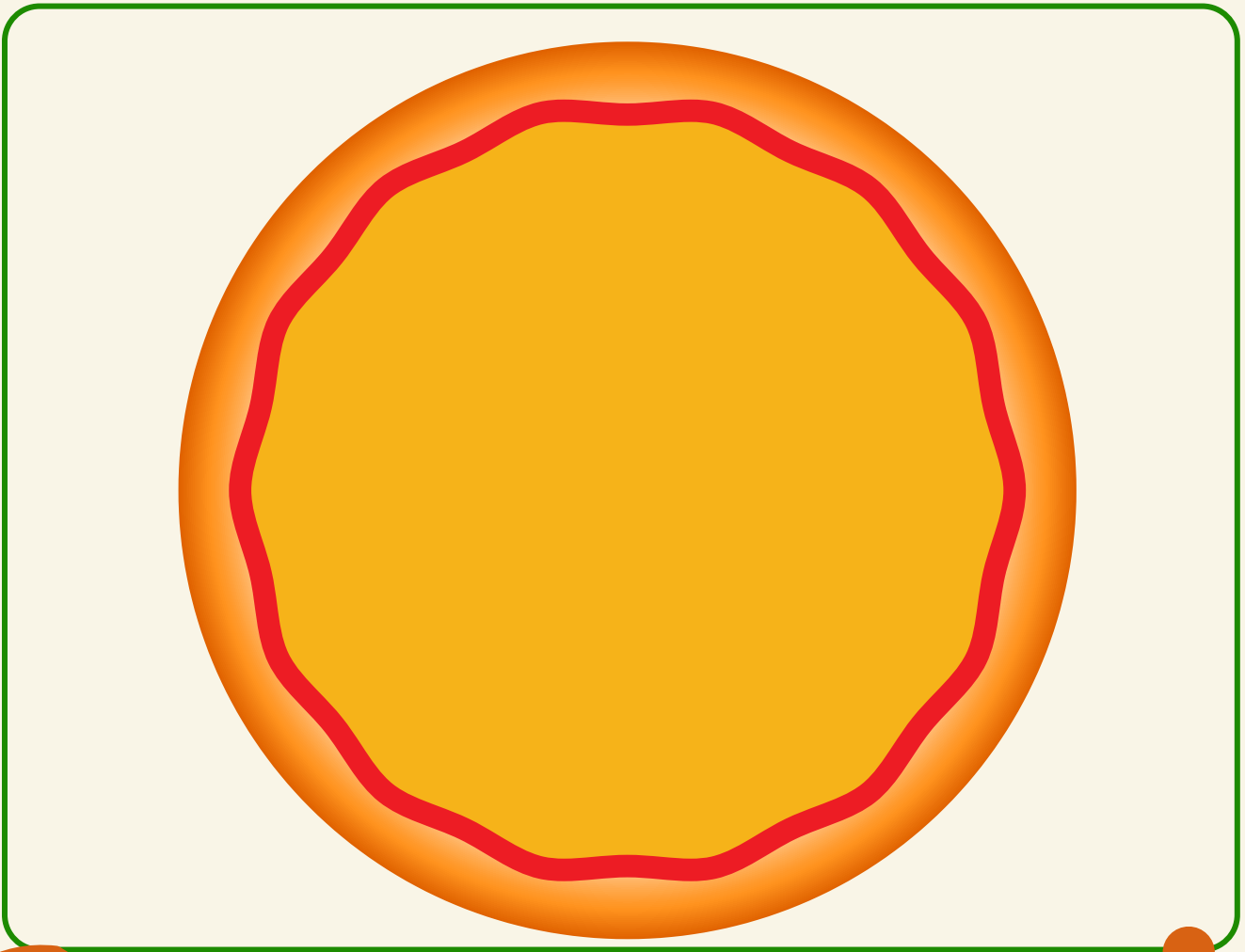
Instructions:

Preheat oven to 180°C.
Spread tomato sauce on the pizza base.
Sprinkle cheese evenly over the top.
Bake for 8-10 minutes or until cheese is melted.
Let cool slightly before serving.

1.

Activity

● Decorate your own pizza





Review



Date:

I found everything I needed						
I measured my ingredients						
I looked at the ingredients						
I smelled the ingredients						
I smelt the pizza						
I touched the ingredients						
I touched the pizza						
I licked the pizza						
I tasted the pizza						
I tasted the pizza with some sauce						
I tasted the pizza with another food like potato wedges						
I enjoyed the taste						





DAIRY



● Baked Cheese Omelette





✓ Soft & fluffy ✓ Mild taste ✓ High in protein

Ingredients:

2 eggs
¼ cup milk
¼ cup mild cheese

Instructions:

Whisk eggs and milk together.
Pour into an oven-safe dish and sprinkle cheese on top.
Bake at 180°C for 12-15 minutes or until set.





Review



Date:

I found everything I needed						
I measured my ingredients						
I looked at the ingredients						
I smelled the ingredients						
I smelt the omelette						
I touched the ingredients						
I touched the omelette						
I licked the omelette						
I tasted the omelette						
I tasted the omelette with some sauce						
I tasted the omelette with another food like sausages						
I enjoyed the taste						




Get In Touch



Contact us :

 www.bsensory.org

 contact@bsensory.org

