

Worksheet 1 – ARFID Food Chaining

Start by listing safe foods that you can and enjoy eating. Try to pick grains, proteins, dairy, fruits, vegetables, and fats if you can.

1)	6)
2)	7)
3)	8)
4)	9)
5)	10)

What do these foods have in common? (circle all that apply)

What textures do you like? Crunchy / soft / hard / chewy / lumpy / mushy / smooth

What flavours do you like? Salty / sweet / spicy / tart / sour / bitter

How do you like food prepared? Baked / grilled / fried / sauteed / cold

What do you eat with your favourite foods? _____

(eg butter, ketchup, mayo, hot sauce)

What foods would you like to try in the future? What are you jealous that friends can eat but you can't?

1)	3)
2)	4)

What food are you going to try first?

1)

Based on flavour and texture preferences and favourite sauces, brainstorm how you can slowly and gradually introduce this new food:

Favourite Food	Next Food	Next Food	Next Food	New Food

Remember to think about when, where and how to experiment with these new foods and do it when you are hungry and motivated. Only introduce 1 or 2 new foods at a time. Take it as slow as you need to.