

Sensory Data Profile Assessment Sheet

Name _____ **Meal:** _____ **Date:** _____

This document is designed for you to develop analytic and communication skills in relation to your sensory experience. It's an opportunity to develop your vocabulary as you describe what it is you see, smell, taste, and feel, as well using your memory in a way that reminds you of something from the past. Use specific and precise descriptors and avoid repetition.

Appearance: Make sure to provide specific detail about colors, contrasts, familiar or not, conforms to expectations or not.	
Flavor Profile (smell):	
Taste Profile (5 tastes):	
Temperature Profile (heat and sensation):	
Texture Profile (mouth feel): This can include sensations when chewing but also other physical sensations (for examples irritations)	
Memory Profile (reminds me of):	