



FOOD SCIENTISTS:
SENSORY-BASED EXPOSURE FOR VERY YOUNG CHILDREN
WITH A VARIANT OF AVOIDANT / RESTRICTIVE FOOD INTAKE
DISORDER

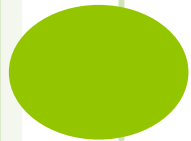
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THE PREPARATION

Letting them know what to expect...



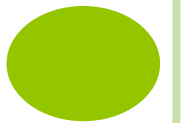


ESTABLISH REALISTIC EXPECTATIONS

- Make the steps so small that the child feels able to master them
- Have a “chaser”
- Use a jelly bean as your index of success

Setting up the palette:

- Patients are asked to build their own palettes which means they open up packaging, and break/cut food up to a preferred bite size using bite chart to put on the palette
- Foods that are not used are cleared from the table along with any other unnecessary objects
- Palette is used because of white color, lack of negative associations, wells prevent foods from touching, and portion control





MAKE IT WORTH IT

- Use of short term and long term rewards increases the rewarding value of food – which in this case, is what we want
- Even if just doing it for the prize, we are increasing the number of trials with food (increasing familiarity), improving nutrition status, and increasing opportunities for liking new foods
- Bites equal points, points equal prizes
- Rewards for spontaneous bites
- Differential rewards for repeats versus new tries





TEACH RELAXATION/PLAY EXERCISES

- Lazy Cat or some other kind of progressive muscle relaxation
- Bubble breathing.. Using bubbles to work on breath..Big bubbles for slow belly breathing
- Stations- Active Self-regulation:
 - Station 1: Clap Your Hands 4 Times, Then Stomp Your Feet 4 Times
 - Station 2: Do 5 Jumping Jacks, And Then Make A Silly Face
 - Station 3: Run Around the Room 3 Times, And Then Clap Your Hands 3 Times
 - Station 4: Wiggle Your Fingers, Reach For The Stars, and Then JUMP Up and Down 4 times.





FIGURE OUT OUR FOODS

- Goals are to use current foods to map sensory profile
- Get a sense of daily patterns



Foods I LIKE	Foods I MAYBE would try	Foods I WILL NOT try
French fries	A different brand of French fries	Turkey meat
Pancakes		

1 bite of a new food = 5 points
1 bite of a food that has already been tried = 3 points
A lick of a new food = 1 point
And so on....

GENERATE LIST OF "MAYBE" AND "NO WAY" FOODS

- **Food Journal: Tracking tool**
- Points: Children earn points for each time they try a food. Points are then traded in for a desirable experience, decision, or object
- **Like, Maybe, No Way**
- Like: Food that is currently being eaten or a food tried in session the child found favorable
- Maybe: Food that a child maybe curious about or food tried in session that child still needs to learn more about
- No Way: Food that a child is worrying about appearing in session or causes a severe visceral response



Color

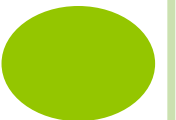
Food
Group

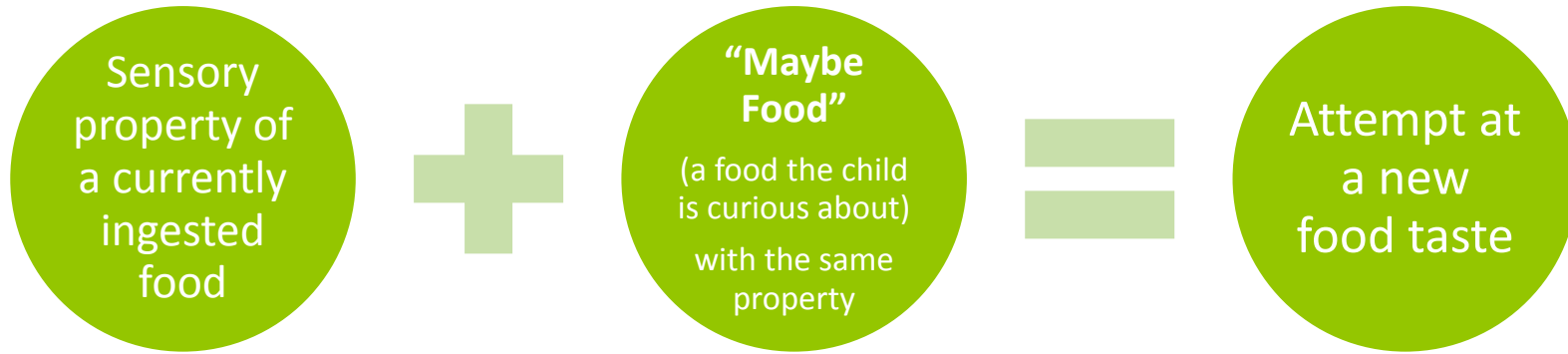
Texture

Food
Group

SENSORY MAPPING OF CURRENT FOODS

- Goals are to use current foods to map sensory profile
- Get a sense of daily patterns





RAISE HOPE FOR THE POSSIBILITY OF MAYBE FOODS

- Map sensory patterns of current foods onto sensory patterns of MAYBE foods
- Derive a list of foods that is logical to the child because of sensory links



Food Investigation

Today you will be working as a food scientist to break down the characteristics of each new food. You will be reporting on a few key points:

1. What color is the food (or what color is it closest to?)		
2. What is the food's shape?		
3. What does it feel like?		
a. Smooth b. Bumpy c. Sticky d. Wet e. Prickly f.		
4. What temperature is it?		
a. cold b. hot c. room temperature d.		
5. What does the smell remind you of?		
a. flowers b. dirt c. grass d. forest e. chocolate f. vanilla g. strawberry	g. fruit/citrus h. perfume i. garbage j. poo k. pee l. house cleaner m. bubble gum	n. a bakery o. cotton candy p. mint



TEACH TO BE A FOOD SCIENTIST

Give the child options to narrow their sensory experience

Allow the child full range to express all that she or he notices

The child is always right as his observations reflect his sensory experience





PUTTING ALL THE PIECES TOGETHER

STEPS IN A FOOD SCIENTIST SESSION

(before) : choose your foods

Relax/Play

Prepare your palette

Remind of the point and prize agreement

Take out the journal

Relax/Play

Sample and record

Avoid the gag

