

### Worksheet 8.3 What I love about my favorite foods

Five of my favorite foods are:	1. 2. 3. 4. 5.	
With this worksheet, I am tasting:		
Questions from the Five Steps:	Two neutral words that describe the food:	
• What does it look like?	1.	2.
• What does it feel like?	1.	2.
• What does it smell like?	1.	2.
• What does it taste like?	1.	2.
• What is the texture like?	1.	2.
New questions expanding upon the Five Steps:		
What do I like about the food's appearance?		
What do I like about the way this food feels?		
What do I like about how this food smells?		
What do I like about how this food tastes?		

What do I like about the texture of this food?	
When was the last time I had this food?	
What memories do I have of eating this food?	
When will I add this food to my meals or snacks this week?	