

Speech and Language Therapy

Eating, Drinking and Other Key Information

Lesson 9 of 14 on Emotional Regulation and Self Esteem

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Things I like to eat and drink ...

Things I like to eat and drink ...

Picture

Picture

Picture



Eating and Drinking

What do I like to have to eat and drink at meal times?

Breakfast

Lunch

Dinner

Snacks



Ways to help me ...

What help do I need with my eating and drinking?



Ways to help me ...

Things I don't like to eat and drink

Things I can't or should not eat or drink

This might be because I am allergic or can not chew/swallow safely, or even because they make me a bit too energetic



Other Key information

Might include things like ...

Whats my sight like?

Do I wear glasses - when and where do I need to wear them?

What is my hearing like?

Do I wear hearing aids?

Any other medical information that people might need to know

E.g. I have eczema and some washing powders make my skin itch
... please only use XXX when washing my clothes.

