

TARGET FOOD CHART (Goal is 4 oz. In 20 minutes)

Name: _____

Date: _____

Protein		Texture	Texture	Texture	Texture	Texture	Texture	Texture
1								
2								
3								
4								
5								

Starch		Texture	Texture	Texture	Texture	Texture	Texture	Texture
1								
2								
3								
4								
5								

Fruits		Texture	Texture	Texture	Texture	Texture	Texture	Texture
1								
2								
3								
4								
5								

Vegetables		Texture	Texture	Texture	Texture	Texture	Texture	Texture
1								
2								
3								
4								
5								

Notes: Quantity before Variety and Variety before Texture. Enter type of food followed by texture and usual quantity consumed.