

Kitchen Connoisseurs Registration

Name of Student: _____ DOB: _____

Parents Name: _____ Parent Phone: _____

Emergency contact: _____ Phone: _____

Please describe the child’s diet on a typical day:

See chart on next page ►►►

Food Preferences:

Grains:	Vegetables:	Fruits:	Dairy:
White Bread ____	Sweet Potatoes ____	Apples ____	Cheese ____
Wheat Bread ____	Carrots ____	Oranges ____	Yogurt ____
Crackers ____	Lettuce ____	Bananas ____	Ice Cream ____
Pasta ____	Cucumbers ____	Grapes ____	Milk ____
Rice ____	Potatoes ____	Berries ____	Chocolate Milk ____
Cereal ____	Peas ____	Melons ____	
Oatmeal ____	Corn ____	Applesauce ____	
Popcorn ____	Squash ____	Raisins ____	
	Broccoli ____	Tomatoes ____	
Other:	Other:	Other:	Other:

Meats, Beans, Nuts:	Snacks/Other foods:	FOOD ALLERGIES:
Chicken ____	Cookies ____	Peanuts ____ Peanut Butter ____ Shellfish ____ Chocolate ____ Fish ____ Dairy Products ____ Eggs ____ Wheat ____ Soy ____ Tree Nut (walnut, cashew, etc.) ____ Other:
Hot Dogs ____	Chocolate ____	
Eggs ____	Pizza ____	
Hamburger ____	Chips ____	
Steak ____	Candy ____	
Fish/Tuna ____	Tacos ____	
Shrimp ____	Popcorn ____	
Turkey ____		
Ham ____		
Nuts ____		
Bacon ____		
Other:	Other:	

Parent concerns:

Kitchen Connoisseurs Objectives

This is a therapeutic feeding group, designed for resistant eaters. Many times, resistant eaters are simply thought of as “very picky eaters”. This is not the case. Quite often, children are resistant eaters because of an underlying fundamental problem-usually oral-motor delay or sensory integration dysfunction. Food aversions can become emotionally challenging and stressful to all involved-the child, the caretaker, and any others who join at mealtime. Furthermore, food aversions can lead to poor health. The foods many resistant eaters choose tend to be fried or sweet. With poor food choices, children will not get all the vitamins and minerals they require from their typical deficient diet.

Resistant eating has no single diagnostic test. Realizing there is a problem must come from caretaker observation. Often times, these children have associated medical diagnoses, including cerebral palsy, intellectual disability, and autism, just to name a few. Medical doctors will often diagnose the main problems, but leave associated problems, including eating, to the parents or therapists. Parents, then, often have to deal with frequent tantrums associated with trying new foods.

This program has five stages to help overcome the eating hurdle: Acceptance, Touch, Smell, Taste, and Eating New Foods. It is our goal that after a child’s completion of the program, he/she will have increased the number of foods in his/her diet and also be willing to try new food items in the future. Since many of the children will only eat items in certain food groups, proper nutrition and eating according to the food pyramid guidelines are often neglected. We hope to correct this.

Kitchen Connoisseurs sessions will be held on Wednesdays from 4:00pm to 5:00pm. Classes will be held in the kitchen at Focus Therapy Services, Inc. Class size is limited to 7 participants. Please register early. Your child must be 5 years of age or older to attend.

I give permission for my child to attend the Kitchen Connoisseurs program. I am aware that there will be a small cost of \$5.00 per class for each student attending, unless covered by my child’s insurance policy. Parents are encouraged to pay in monthly increments. If the student cannot attend a particular session, please notify Focus Therapy Services, Inc. 24 hours in advance. Fees are non-refundable. Donations of funding, food, and food related materials are gladly accepted.

I hereby release Focus Therapy Services, Inc. and the Kitchen Connoisseurs facilitators from any and all liability connected with my child’s participating in this therapeutic program. I acknowledge that my child is participating in these activities of his/her own free will, and I assume all risk in connection thereto.

Child’s Name: _____

Parent’s Signature: _____ Date: _____