

## I TASTE WITH MY MOUTH.



We use our mouth and tongue to taste, eat, chew, and then swallow. Our sense of taste works closely with our sense of smell.

Do you know any picky eaters? Someone who can't tolerate string on bananas? Gags easily? Anyone who loves extremely spicy food? Someone who doesn't like certain food textures like mushy or lumpy?

Social events often occur around food and this may be an added challenge.

Sensory challenges related to food and textures may need to be addressed by a professional.



*Saltillo WordPower™ vocabularies support identification and communication about our sense of taste. These words include **spicy**, **salty**, **sweet**, and **bitter**. In addition, there are many pre-programmed food items and may be customized to meet your needs.*

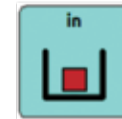


Let's make something! *Chef Gino's Taste Test Challenge*  
by Gino Campagna



Explore your sense of taste while cooking with Chef Gino. Recipes are simple and tasty. What will you make with your friends? Will it be hot, cold, spicy, or sweet? **Have tons of fun while challenging your taste buds!**

Words to Model:



### Get Cookin'!

Use your sense of **taste**. Let's make a fruit smoothie!

What will you **put in**?

Smoothies are tasty, fun, and nutritious!

**Ingredients:**

- Fresh or frozen fruit chunks of choice (banana, strawberry, blueberry, kiwifruit, melon, etc.)
- Plain yogurt, milk, or almond milk
- Ice (not necessary if using frozen fruit)

**Directions:**

- Put all ingredients in a blender
- Blend to desired consistency
- Enjoy!



While making the smoothie, use target words to ask questions or make comments:

- What should we **make**?
- What will you **put in**?
- **First**, we need \_\_\_\_\_ (fruit) \_\_\_\_\_.
- We need **more** of **that**?
- Do you want **more**?
- Put **more in**.
- I like **that**.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
Father's Day						

28 29 30

MAY 2020							JULY 2020						
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3	4	5	6	7	8	9	5	6	7	8	9	10	11
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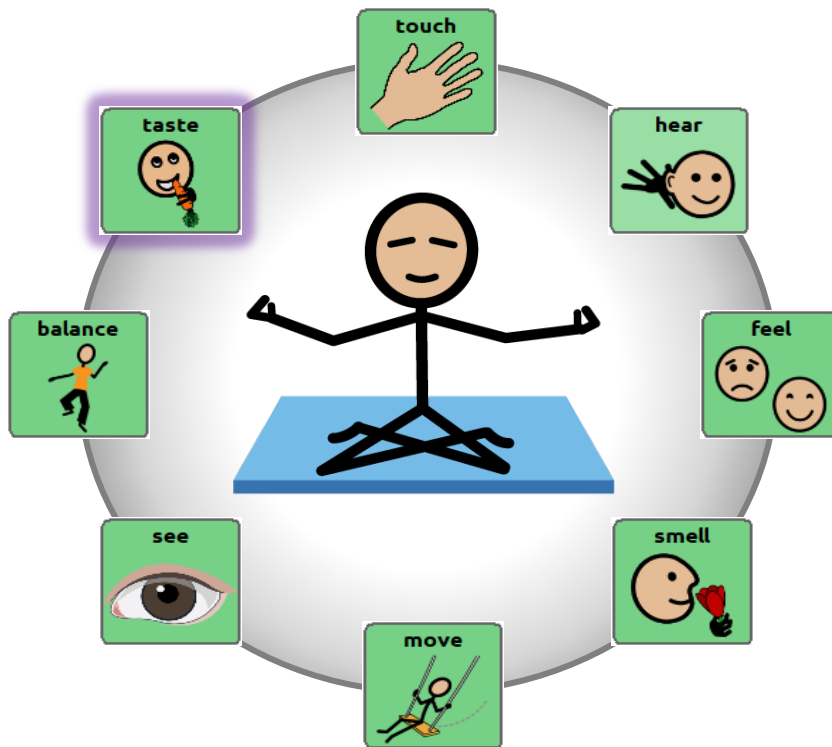
For bonus sensory regulation tips and activities, scan this code!

# Sensory Practice Sentences

## Practice sentences for Sensory Seekers and Avoiders- June- I taste with my mouth.

Every person handles sensory input a little differently. Use these practice sentences and learn ways to talk about and regulate sensory input. Some people, 'sensors and seekers', seek sensory stimulation. Other people, 'avoiders and bystanders' avoid it.

Are you a 'seeker'? Are you a 'by-stander'? Are you a mixture?



### SEEKER:

Term used to describe a person who looks for sensory stimulation. They may seek a certain type of input. Seekers may always want 'more'. They love sensation. While providing more input, it is important to keep routines in place.

### AVOIDER:

Term used to describe a person who avoids sensory input. Avoiders crave routines and order. They may not like new sensations and when a routine is changed may become anxious. An avoider may need a quiet place to go and language to help manage sensory overload.

Saltillo and TouchChat WordPower™ vocabularies support identification and communication about our senses.

The sequences presented here are examples found in WordPower60 Basic SS.



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June- I taste with my mouth.	
Active (Sensors and Seekers)	Active (Avoiders and By-standers)
<p>I can taste.</p> <p>A sequence of cards: 'I' (yellow), 'can' (green), two blue arrows pointing right, 'taste' (green with a person eating), and a period (white).</p>	<p>I don't want to taste.</p> <p>A sequence of cards: 'I' (yellow), 'don't' (red with a black X), 'want' (green with a person reaching for a red block), 'to' (white), two blue arrows pointing right, 'taste' (green with a person eating), and a period (white).</p>
<p>I'm hungry</p> <p>A sequence of cards: 'SOCIAL' (two people), 'I'm...' (yellow), 'hungry' (red with a person eating), and a period (white).</p>	<p>I'm not hungry.</p> <p>A sequence of cards: 'SOCIAL' (two people), 'I'm...' (yellow), 'not' (red with a black X), 'hungry' (red with a person eating), and a period (white).</p>
<p>Yummy.</p> <p>A sequence of cards: 'DESCRIBE' (person with speech bubble), 'yummy' (pink with a person eating), and a period (white).</p>	<p>Yucky.</p> <p>A sequence of cards: 'DESCRIBE' (person with speech bubble), 'yucky' (red with a person making a disgusted face), and a period (white).</p>
<p>I want to eat pretzels.</p> <p>A sequence of cards: 'I' (yellow), 'want' (green with a person reaching for a red block), 'to eat' (green with a person eating), 'pretzels' (white with pretzel icons), and a period (white).</p>	<p>I don't want to eat pretzels.</p> <p>A sequence of cards: 'I' (yellow), 'don't' (red with a black X), 'want' (green with a person reaching for a red block), 'to eat' (green with a person eating), 'pretzels' (white with pretzel icons), and a period (white).</p>
<p>Colder please.</p> <p>A sequence of cards: 'DESCRIBE' (person with speech bubble), 'cold' (blue with a person holding a cold pack), '-er' (white), 'SOCIAL' (two people), 'please' (red with a person), and a period (white).</p>	<p>Too cold.</p> <p>A sequence of cards: 'to' (white), 'too' (white), 'DESCRIBE' (person with speech bubble), 'cold' (blue with a person holding a cold pack), and a period (white).</p>

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