



## MY FOOD & DRINK

This page tells people about the food and drink I like and the things that are important to me.

### FOOD I LIKE

- My favourite foods or meals:

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- Foods I usually enjoy:

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### DRINKS I LIKE

- Drinks I enjoy:

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- How I like my drinks:

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## MY FOOD PREFERENCES

There may be foods I do not like, or particular ways I prefer my food to be prepared or served.

### FOODS I DO NOT LIKE

- Foods I prefer not to eat:

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- Foods I strongly dislike:

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### HOW I LIKE MY FOOD

- Textures, tastes, smells or temperatures I prefer or avoid:

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- How I like my food prepared or served:

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## MY FOOD ALLERGIES

Food allergies can be important. Use this page to explain what people need to know.

### FOOD ALLERGIES

- Foods or ingredients I am allergic to:

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- What happens if I eat or come into contact with them:

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- What people need to do if I have a reaction:

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## MY FOOD INTOLERANCES

These are foods or ingredients that I cannot tolerate well.

### FOOD INTOLERANCES

- Foods or ingredients I cannot tolerate:

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- What happens if I have them:

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- What helps or what people need to know:

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## MY DIETARY REQUIREMENTS

I may follow a particular diet or have other dietary requirements.

### SPECIAL DIET OR DIETARY REQUIREMENTS

- The diet or dietary requirements I follow:

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- Foods or ingredients I need to avoid or include:

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- Anything important about preparing or serving my food:

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## HELP WITH EATING & DRINKING

These are the things that may help me eat and drink comfortably and safely.

### SUPPORT I MAY NEED

- Help I need with preparing, choosing, eating or drinking:

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- Equipment, adapted cups, cutlery or other things I use:

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### OTHER IMPORTANT THINGS

- Anything people should know about mealtimes:

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- Anything else that helps:

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