

TEENS AND SENSORY PROCESSING: ORAL AND OLFACTORY CHECKLIST

Signs of oral/olfactory hypo-responsivity or sensory seeking:

- Seeks out intense flavors and/or temperatures
- Doesn't notice when foods seem to be too hot or cold; may burn self without realizing
- Complains of foods tasting bland, often adds extra flavoring
- Eats very fast; doesn't seem to consistently chew food
- Preferring intensity in foods/temperatures/flavors
- Chews on non-edibles (erasers, pen tops, shirt collars, etc.)
- Constantly wants gum, candy, or snacks
- Doesn't seem to notice smells that others do (both bad and good)

Signs of oral/olfactory hyper-responsivity:

- Picky eater
- Avoids certain textures and/or temperatures
- Doesn't like spicy, sweet or avoids certain tastes
- Over-sensitive to dental work
- Doesn't like to brush teeth and/or floss
- Avoiding certain food textures and/or temperatures, may be a picky eater
- Easily bothered by smells
- Gags easily