

F.A.T.

FEEDING ASSESSMENT TOOL

**COMPREHENSIVE
ANALYSIS**

Date of Assessment: 2023-10-12

Administrator: Speech Therapist

Respondent: Parent/Caregiver

Age Range of Individual: 13 years 0 months - 18+ years

SCORE REPORT

The following are some foods that may be culturally and/or socially valuable to the individual:
sandwiches, macaroni and cheese, carrots, bananas, pancakes

FOOD SELECTIVITY ANALYSIS

Overall Food Variety Score (FVS)

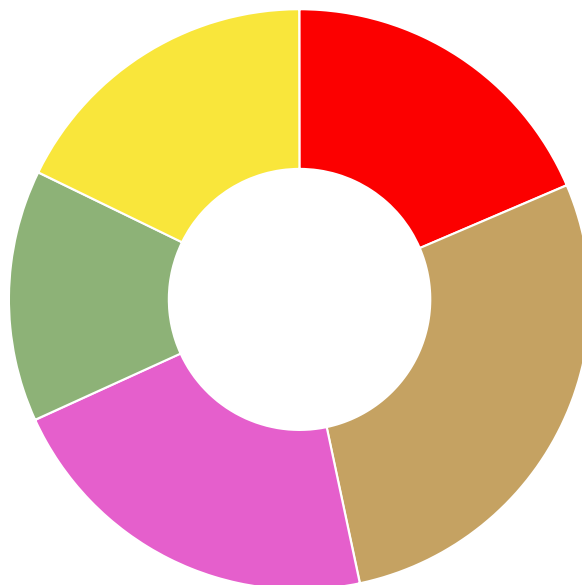
44.55

MID-RANGE

The FVS is the overall measure of the individual's ability to consume a variety of foods. The FVS is equal to the average of the results of all food subcategories listed below. Some degree of food selectivity is expected for all people, as each individual has unique preferences. However, lower FVS scores indicate more severe food selectivity based on the foods inventoried in this assessment. It is important to note that the number of foods in a diet does not necessarily dictate the health of a person.

Food Groups

Possible scores for this category range from 0 to 100.



- Protein and Dairy (18.6%)
- Grains and Beans (28.1%)
- Fruits (21.5%)
- Vegetables (14.0%)
- Treats and Snacks (17.8%)

PROTEIN AND DAIRY

SCORE: 44.12

MID-RANGE

Example foods from this category include chicken, yogurt, and eggs.



GRAINS AND BEANS

SCORE: 66.67

HIGH RANGE

Example foods from this category include oatmeal, pasta, and lentils.



FRUITS

SCORE: 51.11

MID-RANGE

Example foods from this category include oranges, applesauce, and raisins.



VEGETABLES

SCORE: 33.33

LOW RANGE

Recommended Target

Example foods from this category include carrots, pickles, and mashed potatoes.



TREATS AND SNACKS

SCORE: 42.16

MID-RANGE

Example foods from this category include cookies, candy, and chips.

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Food Texture

Although some foods contain multiple textures, the primary one or two textures are used for scoring. The score ranges for this category are not adjusted based on age. Possible scores range from 0 to 100.

CRUNCHY	SCORE: 9.52	VERY LOW RANGE <i>Recommended Target</i>
CREAMY, JUICY, OR MOIST	SCORE: 70.37	HIGH RANGE
GRITTY	SCORE: 64.58	HIGH RANGE
DRY	SCORE: 53.33	MID-RANGE
SOFT OR SPONGY	SCORE: 47.33	MID-RANGE
CHEWY	SCORE: 8.33	VERY LOW RANGE <i>Recommended Target</i>

Narrative Summary of Data:

For the category of texture there are six subcategories: crunchy, creamy/juicy/moist, gritty, dry, soft/spongy, and chewy. In the subcategory of crunchy foods, the individual scored 9.52.

This score corresponds to the very low range, indicating that the individual may have significant difficulty consuming typically crunchy foods such as raw carrots, crackers, or almonds. Scores in this range indicate the individual may experience hypersensitivity with crunchy foods.

In the subcategory of creamy, juicy, or moist foods, the individual scored 70.37.

This score corresponds to the high range, indicating that the individual is able to consume many foods that are typically creamy, juicy, or moist such as ice cream, peanut butter, or salsa.

In the subcategory of gritty foods, the individual scored 64.58.

This score corresponds to the high range, indicating that the individual is able to consume many foods that are typically gritty such as rice, cottage cheese, or oatmeal.

In the subcategory of dry foods, the individual scored 53.33.

This score corresponds to the mid-range, indicating that the individual does consume several foods that are typically dry such as graham crackers, biscuits, or powder candy.

In the subcategory of soft and spongy foods, the individual scored 47.33.

This score corresponds to the mid-range, indicating that the individual does consume several foods that are typically soft or spongy such as fish sticks, sliced cheese, or steamed broccoli.

In the subcategory of chewy foods, the individual scored 8.33.

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This score corresponds to the very low range, indicating that the individual may have significant difficulty consuming typically chewy foods such as jerky, raisins, or fruit rolls. Scores in this range indicate the individual may experience hypersensitivity with chewy foods.

Flavor Profile

Although some foods contain multiple flavor profiles, the primary one or two flavors are used for scoring. The score ranges for this category are not adjusted based on age. Possible scores range from 0 to 100.

SWEET	SCORE: 48.52	MID-RANGE
SALTY	SCORE: 44.44	MID-RANGE
SPICY, SOUR, TANGY, OR BITTER	SCORE: 26.92	LOW RANGE
		<i>Recommended Target</i>
SAVORY, EARTHY, OR HERBACEOUS	SCORE: 49.33	MID-RANGE
BLAND	SCORE: 62.5	HIGH RANGE

Narrative Summary of Data:

For the category of flavor there are five subcategories: sweet, salty, spicy/sour/tangy/bitter, savory/earthy/herbaceous, and bland. In the subcategory of sweet foods, the individual scored 48.52.

This score corresponds to the mid-range, indicating that the individual does consume several foods that are typically sweet such as ham, waffles, or bananas.

In the subcategory of salty foods, the individual scored 44.44.

This score corresponds to the mid-range, indicating that the individual does consume several foods that are typically salty such as salami, potato chips, or french fries.

In the subcategory of spicy, sour, tangy, or bitter foods, the individual scored 26.92.

This score corresponds to the low range, indicating that the individual may have some difficulty consuming typically spicy, sour, tangy, or bitter foods such as asparagus, mustard, or sour candy.

In the subcategory of savory, earthy, and herbaceous foods, the individual scored 49.33.

This score corresponds to the mid-range, indicating that the individual does consume several foods that are typically savory, earthy, or herbaceous such as ground beef, tomato soup, or mushrooms.

In the subcategory of bland foods, the individual scored 62.5.

This score corresponds to the high range, indicating that the individual is able to consume many foods that are typically bland such as eggs, ramen noodles, and tortillas.

Food Shape

Although some foods contain multiple shapes, the primary shape is used for scoring. The score ranges for this category are not adjusted based on age. Possible scores range from 0 to 100.

FLAT	SCORE: 29.03	LOW RANGE <i>Recommended Target</i>
ROUND	SCORE: 44.44	MID-RANGE
OBLONG	SCORE: 28.28	LOW RANGE <i>Recommended Target</i>
SQUARE OR CUBE	SCORE: 53.85	MID-RANGE
UNSTRUCTURED	SCORE: 76.39	HIGH RANGE
UNIQUE OR OTHER	SCORE: 1.39	VERY LOW RANGE <i>Recommended Target</i>

Narrative Summary of Data:

For the category of flavor there are six subcategories: flat, round, oblong, square/cube, unstructured and unique/other. In the subcategory of flat foods, the individual scored 29.03.

This score corresponds to the low range, indicating that the individual may have some difficulty consuming typically flat shaped foods such as pancakes, bacon, or tortillas.

In the subcategory of round shaped foods, the individual scored 44.44.

This score corresponds to the mid-range, indicating that the individual does consume several foods that are typically round shaped such as meatballs, hard boiled eggs, or blueberries.

In the subcategory of oblong shaped foods, the individual scored 28.28.

This score corresponds to the low range, indicating that the individual may have some difficulty consuming typically oblong shaped foods such as corndogs, celery, or licorice.

In the subcategory of square and cube shaped foods, the individual scored 53.85.

This score corresponds to the mid-range, indicating that the individual does consume several foods that are typically square and cube shaped such as pineapple chunks, marshmallows, or meatloaf.

In the subcategory of unstructured foods, the individual scored 76.39.

This score corresponds to the high range, indicating that the individual is able to consume many foods that are typically unstructured such as pudding, jelly, or soup.

In the subcategory of unique and other shaped foods, the individual scored 1.39.

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This score corresponds to the very low range, indicating that the individual may have significant difficulty consuming uniquely shaped foods such as animal crackers, pretzels, or shrimp. Scores in this range indicate the individual may experience hypersensitivity with uniquely shaped foods.

Food Color

Although some foods contain multiple colors, the primary one, two, or three colors are used for scoring. The score ranges for this category are not adjusted based on age. Possible scores range from 0 to 100.

BROWN OR TAN	SCORE: 53.06	MID-RANGE
RED	SCORE: 38.1	LOW RANGE <i>Recommended Target</i>
ORANGE OR YELLOW	SCORE: 43.94	MID-RANGE
GREEN	SCORE: 29.33	LOW RANGE <i>Recommended Target</i>
BLUE, PURPLE, OR BLACK	SCORE: 52.94	MID-RANGE
WHITE	SCORE: 53.97	MID-RANGE
PINK	SCORE: 35.9	LOW RANGE <i>Recommended Target</i>

Narrative Summary of Data:

For the category of color there are seven subcategories: brown/tan, red, orange/yellow, green, blue/purple/black, white, and pink. In the subcategory of brown or tan foods, the individual scored 53.06.

This score corresponds to the mid-range, indicating that the individual does eat several brown and tan foods such as steak, baked beans, or chocolate bars.

In the subcategory of red foods, the individual scored 38.1.

This score corresponds to the low range, indicating that the individual may have some difficulty consuming red foods such as strawberries, spaghetti with sauce, or tomatoes.

In the subcategory of orange and yellow foods, the individual scored 43.94.

This score corresponds to the mid-range, indicating that the individual does eat several orange and yellow foods such as scrambled eggs, macaroni and cheese, or cantaloupe.

In the subcategory of green foods, the individual scored 29.33.

This score corresponds to the low range, indicating that the individual may have some difficulty consuming green foods such as peas, kiwi, or avocado.

In the subcategory of blue, purple, or black foods, the individual scored 52.94.

This score corresponds to the mid-range, indicating that the individual does eat several blue, purple, or black foods such as plums, purple grapes, or black olives.

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In the subcategory of white foods, the individual scored 53.97.

This score corresponds to the mid-range, indicating that the individual does eat several white foods such as cottage cheese, cauliflower, or coconut.

In the subcategory of pink foods, the individual scored 35.9.

This score corresponds to the low range, indicating that the individual may have some difficulty consuming pink foods such as salmon, pork sausage links, or strawberry flavored yogurt.

Food Temperature

The score ranges for this category are not adjusted based on age. Possible scores range from 0 to 100.

WARM OR HOT	SCORE: 50.56	MID-RANGE
COOL OR COLD	SCORE: 35.9	LOW RANGE
		<i>Recommended Target</i>

Narrative Summary of Data:

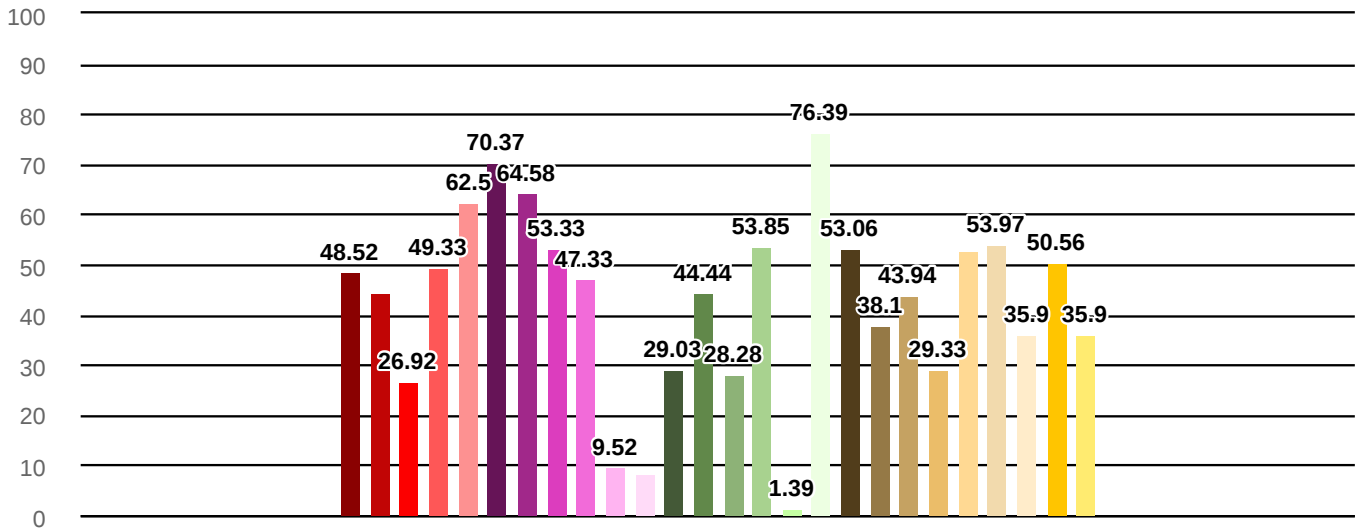
For the category of temperature there are two subcategories: warm/hot and cool/cold. In the subcategory of warm and hot foods, the individual scored 50.56.

This score corresponds to the mid-range, indicating that the individual does eat several foods that are typically served warm or hot.

In the subcategory of cool and cold foods, the individual scored 35.9.

This score corresponds to the low range, indicating that the individual may have some difficulty consuming foods that are typically served cool or cold.

GRAPHICAL ANALYSIS OF FOOD DESCRIPTORS



Features are grouped by color palette and ordered from left to right in the legend below.

- | | | |
|----------------------------|-----------------|---------------------------|
| ● Sweet | ● Salty | ● Spicy/Sour/Tangy/Bitter |
| ● Savory/Earthy/Herbaceous | ● Bland | ● Creamy/Juicy/Moist |
| ● Gritty | ● Dry | ● Soft/Spongy |
| ● Crunchy | ● Chewy | ● Flat |
| ● Round | ● Oblong | ● Square/Cube |
| ● Unique Shape | ● Unstructured | ● Brown/Tan |
| ● Red | ● Orange/Yellow | ● Green |
| ● Blue/Black/Purple | ● White | ● Pink |
| ● Hot/Warm | ● Cold/Cool | |

ANALYSIS OF FEEDING BEHAVIORS

SOCIAL EATING BEHAVIORS AND EATING COMPLIANCE

The possible scores for this category range from 40 to 160.

SCORE: 112

MID-RANGE

This section analyzes the individual's ability to adapt to social eating norms and cooperate during feedings. Lower scores in this section indicate the individual may require more intensive behavioral interventions during meal times. In this category, the individual scored 112.

This score corresponds to the mid-range, indicating that the individual may have some problems conforming to social expectations for eating. This would not be considered typical for any age group.

Recommended Areas for Growth

Pausing appropriately between bites of food

Putting only edible items into mouth

Keeping tongue inside mouth while eating

Washing hands prior to eating

Ordering for self in restaurants

Selecting food from a menu

Flexibility with eating habits on special occasions and holidays

Refraining from overeating or under eating when worried or upset

Trying new foods

Using a napkin

EATING RELATED COMMUNICATION

The possible scores for this category range from 58 to 142.

SCORE: 76

LOW RANGE

This section analyzes the individual's ability to communicate needs and desires in relation to eating. Lower scores in this section indicate the individual may require more intensive speech or functional communication interventions. In this category, the individual scored 76.

This score corresponds to the low range, indicating that the individual may have several problems communicating needs and desires in relation to eating. This would not be considered typical for any age group.

Recommended Areas for Growth

Functionally communicating a desire for food

Verbally asking for food when hungry

Verbally asking for more food after finishing some food

Indicating when finished eating

Saying, "Thank you" after food is served

Communicating enjoyment of a food

Communicating distaste for a food

Recognizing and communicating when something is wrong with a food

Responding when food is stuck in teeth

Appropriately rejecting a food when offered

Verbally labeling at least ten foods

Explaining specific aspects of a food that are liked or disliked

Understanding some foods are healthier than other foods

PHYSIOLOGICAL AND MOTOR CAPABILITIES

The possible scores for this category range from 10 to 190.

SCORE: 90

MID-RANGE

This section analyzes the individual's ability to demonstrate physical actions pertaining to eating food. Lower scores in this section indicate the individual may require more intensive fine, gross, and/or oral motor interventions pertaining to serving and eating food. In this category, the individual scored 90.

This score corresponds to the mid-range, indicating that the individual may have some problems physically serving and consuming food. This would not be considered typical for any age group.

In addition, the individual's score for this section indicates a specialized oral motor assessment may be needed prior to implementing feeding therapy.

Recommended Areas for Growth

Using the side of a fork to cut soft foods

Spearing bites of food with a fork

Transporting food to mouth using a fork

Transporting food to mouth using a spoon

Slurping liquid from a spoon

Using a table knife to spread one food item onto another

Using a table knife to cut soft foods

Taking single bites out of larger handheld foods

Chewing food sufficiently before swallowing

Chewing with mouth closed

Licking foods

Carrying full dishes to table

Keeping eating area clean

Stirring food

Blowing on hot foods

Spitting out foods that are too hot

Opening pre-packaged snacks

Drinking from an open cup without a straw

Consuming sufficient water

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Consuming a healthy amount of calories according to medical needs

Consuming any supplements recommended by health care provider



The primary purpose of The Feeding Assessment Tool (FAT) is to better understand the individual's eating behaviors and inform potential future feeding treatment. The FAT is not a diagnostic instrument and is not intended to be used to diagnose eating disorders, developmental disorders, or any other kind of condition. It is also not intended to provide a comprehensive treatment plan for feeding therapy, but rather to be involved in a variety of measures, which include direct observation by practitioners. The FAT is designed to be used by parents desiring to learn about their child's eating behaviors, individuals desiring to learn about their own eating behaviors, or practitioners such as speech pathologists, occupational therapists, behavior analysts, nutritionists, dietitians, or any other professional with an interest in a client's feeding tendencies. Professionals must obtain consent from individuals or their parents before administering this assessment and must provide a copy of the results to individuals or parents subsequently. For all health advice and guidance, contact your health care provider.

The FAT is a tool that was created based on research in the area of eating behaviors using the resources provided on the introduction screen of the assessment. In addition, the FAT was created based on common knowledge of aspects of food (e.g., food colors) as well as background knowledge and expert opinion of the author. The FAT is intended to be a quantified representation of eating related behaviors. However, there is considerable subjectivity surrounding the topic of food as an individual's sensations while eating are only accessible to him or her. The EAT has included a multitude of foods in the food selectivity analysis component of the assessment in order to gauge more exact measures. The FAT uses food items that are commonly consumed in the United States. However, exposure to different foods can vary by region within the United States. This assessment is not recommended to be used internationally, as there would be even greater variation in foods leading to skewed results. Exposure to certain foods can also vary based on nationality, socioeconomic status, and other factors. Thus, a question has been included relating to the individual's food culture and family's food preferences. The information provided in response to this question should be included in any feeding treatment plan. Additionally, the way that a food is prepared and presented can have a different impact on an individual. This assessment aims to present specifically described foods, but not all factors of the food are represented and the assessment results do not account for every single variation. This should be remembered when interpreting the results. Furthermore, this assessment is indirect and based on the perceptions of the respondent. Therefore, the results of this assessment may differ across two respondents for the same individual (e.g. mother's perceptions vs. father's perceptions). For this reason, results should not be taken as precise facts but rather as a general scope of the individual's eating behaviors.

The results of the FAT are impacted by the initial age range that has been selected. Food selectivity is more common in some age ranges than others. In addition, it is more common for older individuals to have been exposed to more foods than younger individuals. This assessment does not account for the specific chronological age of a person. Furthermore, this assessment does not account for the disability diagnoses that a person may have. For instance, a low score in a particular area may be developmentally considered normal for an individual at a specific age with a specific diagnosis. Any questions related to this should be directed to your health care provider. This assessment also does not make distinctions for food related allergies or bodily reactions. Therefore, an individual with many food allergies or restrictions will be categorized as a more food selective eater despite their biological inability to consume certain foods without a reaction. This does not necessarily mean that the individual is in need of feeding therapy. This tool is not stored on a HIPAA compliant platform. Therefore, no identifying or protected health information should be included in any place throughout the assessment.

The FAT is not intended to provide information related to the quantity of foods that should be consumed. Dietary guidelines should come directly from your health care provider, as nutritional needs vary for each individual. At this time there is very limited research on the specific number of foods that should be included within a diet. Rather, there is a wide variety of research related to the nutritional content of foods that should be included within a diet. If an individual only consumes a small number of foods in a given category that does not necessarily constitute an unhealthy diet. Likewise, if an individual consumes a wide variety of foods across many categories that does not necessarily constitute a healthy diet. The FAT organization is not responsible for any dietary decisions that are made by individuals, parents, or practitioners based on test results.

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