

# Worksheet 3:

## Applying the person-centred approach to eating and drinking well

### Personality

What does food and drink mean to you personally? What does 'eating and drinking well' look and feel like to you?

### Biography

What is your earliest memory of eating and drinking?

Have your food and drink preferences changed over the years?

What is your 'go to' meal when you eat out or have a take-away?

What foods and drinks are culturally significant to you?

What role does food and drink have in your celebrations/special days?

## Health

**What health related issues affect what you eat and drink?**

**How important is eating and drinking healthily to you?**

**What is your relationship with food and drink – do you worry that you eat or drink too much, eat or drink too little, eat or drink unhealthily?**

## Neurological impairment

**Thinking about the activity of eating and drinking – are you a good cook or a 'disaster' in the kitchen?**

**What are your favourite and least favourite foods and drinks?**

**Are there any textures of food or drink that you like or dislike?**

**Do you have any routines, habits or rituals when you prepare and eat food?**

**Social psychology**

**The experience of eating and drinking is often closely associated with where we are and who we are with. How important is your family when eating and drinking – what is your favourite family meal?**

**Who do you feel has had the greatest influence on what you eat and drink?**

**Is the experience of eating and drinking different when you are with people you know and people you don't know?**

**Where do you prefer to eat and at what time is your favourite meal eaten?**

**Have you ever felt uncomfortable or been put off your food when you are with others?**