

The unpredictability of food (plain version)

For autistic children, some foods can feel unpredictable, making them difficult to eat. Below is an example comparing strawberries and crackers. This unpredictability in foods can be overwhelming for children with sensory sensitivities, while the reliability of foods like crackers often feels safer and more manageable.

Strawberries can look, taste and feel:

- Firm
- Juicy
- Sour
- Tart
- Soft
- Sweet
- Gritty

Crackers can look, taste and feel the same every time.