

**Safe Food Elevation Worksheet**

**Foods in my weekly rotation**

* Rice
* Yoghurt bowl
* Porridge bowl
* …
* …
* …

**If somebody else (e.g., Han) prepared these foods for me, would having it make me mentally uncomfortable?**

|  |  |  |
| --- | --- | --- |
| **Food** | **Yes** | **No** |
| e.g., Rice  |  |  |
| e.g., Yoghurt bowl |  |  |
| e.g., Porridge bowl  |  |  |
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**If yes, why?**

**(Tick as appropriate and add details of anything ‘other’ that may contribute to discomfort).**

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| **Food** | **Portion Size of Base** | **Time of day it was served (e.g., noon)** | **Different Method of Cooking (e.g., sautéed)** | **Brand** | **Different****to Usual in Appearance** | **‘Abundance mindset’ Add-in:****Butter/Oil /Nuts/ Seeds /Grated cheese/Mayo/****Syrup/Dried fruit** | **Other** |
| Rice  |  |  |  |  |  |  |  |
| Yoghurt bowl  |  |  |  |  |  |  |  |
| Porridge bowl  |  |  |  |  |  |  |  |
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