



**Valued
Inspired
Prepared**



Name: Thomas

Age: 17

The WOW!
(what other people say about me)

Thomas started in 2016 in year 6. Thomas moved to 6th form W6 in year 12 with anxieties surrounding preparation of food and food tasting.

Thomas had always brought a packed lunch and had a limited diet at home.

He had not prepared hot meals to eat in school and found this new experience overwhelming when starting 6th form.

My Westhaven journey

Thomas quickly realised that he now needed to make lunch in 6th form.

Initially decision making for food preparation was a part of the day he did not look forward to. He would become upset when he was presented with new foods.

He has worked on building trust with class support staff and recognising that trying food does not mean having to eat all of it. Thomas started with small tasters on the side of his plate. He then moved to incorporating ingredients into meals. Staff made sure Thomas knew he would have a backup peanut butter sandwich.

Thomas is now able to try new foods, suggest meals and give a verbal opinion on why he does not like it. Meal planning is no longer an activity that Thomas dreads. This year we have introduced sensory analysis food tasting activities. Now Thomas tries new foods alongside peers and his experience is shared.

Thomas now is one of the first to pick the new food off the plate and try it.