

## OLFACTORY FUNCTION CHECKLIST

These two checklists will help you ascertain if your child has a deficiency in the senses of smell and taste. One list checks for oversensitivity and the other for undersensitivity. Read each of the symptoms in both lists and place a check in the box that most closely describes your child. A 1 indicates “doesn’t apply at all,” and a 10 is “almost always.” Add up the numbers and record the total. (The lowest possible score is 10, and the highest is 100.) Total each list.

### ► *Hypersensitive Smell and Taste Checklist*

Exhibits increased sensitivity to taste and smell	1 2 3 4 5 6 7 8 9 10 □ □ □ □ □ □ □ □ □ □
Gags at the smell of certain foods	1 2 3 4 5 6 7 8 9 10 □ □ □ □ □ □ □ □ □ □
Avoids going to the bathroom at the risk of wetting pants because the smell is repugnant	1 2 3 4 5 6 7 8 9 10 □ □ □ □ □ □ □ □ □ □
Prefers bland foods	1 2 3 4 5 6 7 8 9 10 □ □ □ □ □ □ □ □ □ □
Avoids children with dirty or smelly clothes	1 2 3 4 5 6 7 8 9 10 □ □ □ □ □ □ □ □ □ □
Complains about others’ bad breath	1 2 3 4 5 6 7 8 9 10 □ □ □ □ □ □ □ □ □ □
Misbehaves after house is cleaned with solvents	1 2 3 4 5 6 7 8 9 10 □ □ □ □ □ □ □ □ □ □
Is sensitive to smoke	1 2 3 4 5 6 7 8 9 10 □ □ □ □ □ □ □ □ □ □
Avoids foods and places with strong cooking smells	1 2 3 4 5 6 7 8 9 10 □ □ □ □ □ □ □ □ □ □
Sniffs everything	1 2 3 4 5 6 7 8 9 10 □ □ □ □ □ □ □ □ □ □

### ► *Hyposensitive Smell Checklist*

Never comments on strong smells	1 2 3 4 5 6 7 8 9 10 □ □ □ □ □ □ □ □ □ □
Never notices baking smells, such as cookies	1 2 3 4 5 6 7 8 9 10 □ □ □ □ □ □ □ □ □ □
Overfills mouth	1 2 3 4 5 6 7 8 9 10 □ □ □ □ □ □ □ □ □ □

DISCONNECTED KIDS

Avoids food because of the way it looks

1 2 3 4 5 6 7 8 9 10

Never sniffs

1 2 3 4 5 6 7 8 9 10

Hates to eat, even sweets

1 2 3 4 5 6 7 8 9 10

Chews on objects like pens

1 2 3 4 5 6 7 8 9 10

Does not notice strong smells like something  
burning

1 2 3 4 5 6 7 8 9 10

Eats indiscriminately; will reach for anything,  
even toxic household products

1 2 3 4 5 6 7 8 9 10

Is an extremely picky eater

1 2 3 4 5 6 7 8 9 10

TOTAL \_\_\_\_\_