

Choking Prevention

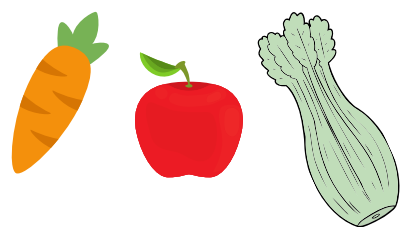
Keeping mealtimes safe

"Soft" means the food can be easily squashed between your thumb and forefinger, or on the roof of your mouth with your tongue.

Small Hard Food

1-3 yrs

4-6 yrs



For example, carrot, apple & celery

- Grate or spiralise
- Slice thinly using a mandolin
- Cook strips (4-6cm long) until soft

- Raw or cooked sticks (4-6cm long) OR
- Prepare as for 1-3 years to meet the developmental needs of each child.

Small round / oval food

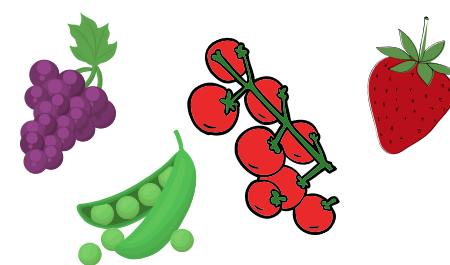
1-3 yrs

4-6 yrs

- Grapes, berries, & cherry tomatoes
- Peas
- Fruit with stones/ large pips (watermelon)

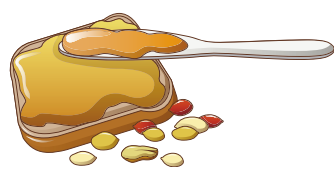
- Cut into quarters/ chop into smaller pieces
- Cook & Mash with a fork
- Remove stones/ large pips

- Cut in half or quarters



Thick Pastes

To prevent choking:



Nut & seed butters

- Use sparingly Spread
- Spread thinly & evenly

Food with skins / leaves

1-3 yrs

4-6 yrs

- Stone fruit (Plums, peaches, nectarines)
- Salad leaves, Spinach & cabbage
- Celery, rhubarb & raw pineapple

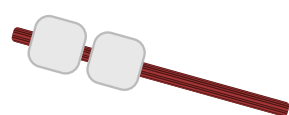
- Remove skins
- Cook until soft & finely chop into strips
- If soft, cut into strips that can be picked up with one hand
- Cook until soft & finely chop into strips (4-6cm long) that can be picked up with one hand,
- Peel the skin / strong fibres & slice thinly across the grain

- Raw, soft fruit cut into strips (4-6cm long) that can be picked up with one hand OR
- Prepare as for 1-3 years to meet the developmental needs of each child.
- Finely chop into strips (4-6cm long) that can be picked up with one hand OR
- Prepare as for 1-3 years to meet the developmental needs of each child.

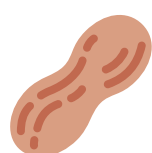
Foods with a high choking risk & should NOT be given to children



Popcorn



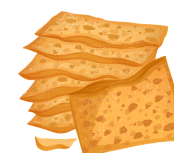
Marshmallows



Whole nuts & seeds



Dried fruit



Hard rice crackers

