

Safer Eating

Food Preparation



For young children, food can be a **choking hazard**.
Food should be prepared appropriately
and children supervised while eating.

Think about size, shape & texture



Cut small round foods such as grapes, cherries, berries and cherry tomatoes lengthways and then into quarters.



.....
Soften firm foods such as apples and carrots; cut into slices or narrow batons.

Sausages & hot dogs



Cut in half and then lengthways into thin strips.

Meat & fish



Remove bones and cut meat or fish into thin strips; remove skin and fat where appropriate.

Cheese



Grate or cut into narrow strips.



Bread



Cut into narrow strips.

Nuts & seeds



Whole nuts must not be given to children under 5; chop or flake nuts and seeds.

Foods to avoid



Do not give young children chewing gum, marshmallows, boiled/hard/goeey/sticky sweets or ice cubes.

Hard/boiled sweets



Do not give.

Popcorn



Do not give to young children.



Children must be seated appropriately
when eating and supervised at all times.

