

# Preparing foods for under 5s to prevent food-related choking

## Small, hard foods or fruits with skin

- ✓ Grate
- ✓ Create spirals and ribbons
- ✓ Cook until soft and cut into strips
- ✓ Finely chop



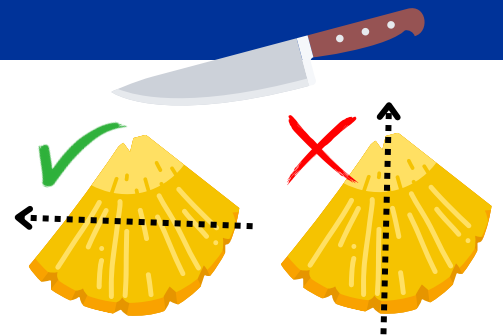
## Small, round foods

- ✓ Remove any stones, large seeds, pits
- ✓ Quarter grapes, large berries, and cherry tomatoes
- ✓ Cook peas and mash with a fork



## Fibrous or stringy foods

- ✓ Peel skin or strong fibres off where possible
- ✓ Slice thinly across grain of fibres



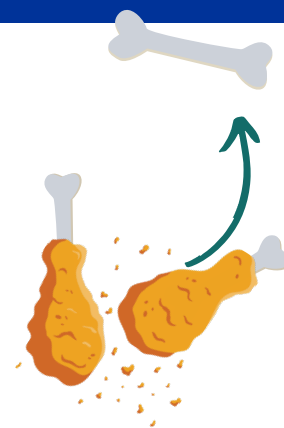
## Foods with skin or leaves

- ✓ Remove skin from chicken and chop into cubes
- ✓ Finely chop salad leaves



# Meat

- ✓ Remove all bones
- ✓ Mince, shred and chop meat
- ✓ Cook meat until tender
- ✓ For children over four, chop meat into thin strips



# Thick pastes

- ✓ Use smooth and thick pastes sparingly, spreading thinly and evenly onto bread



# Foods to avoid



Nuts



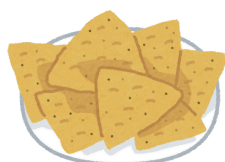
Dried fruit



Large seeds



Hard/chewy lollies



Crisps/corn chips



Sausages



Marshmallows



Popcorn

**Always make sure babies and toddlers sit down while they eat and that an adult is with them when they are eating.**