Yogurt

Soup

Stewed apple

Puree

Pureed homemade meal

Mousse

Custard





- 1. Parent puts spoon in baby's mouth 2. Give baby spoon 3. Give baby pot and spoon 4. Baby uses fist 5. Mix puree with other food i.e. toast or pasta

Mince

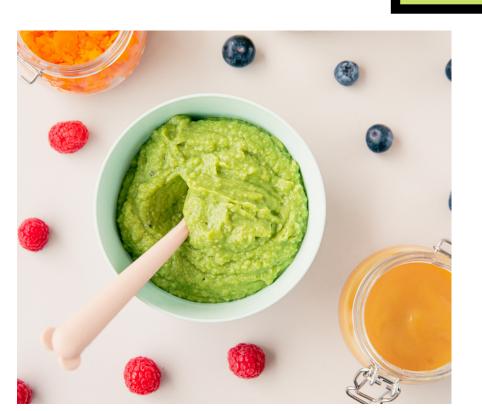
Flaky fish

Dhal

Mashed Food Finely cut meat/pasta/ pastry

Avocado

Houmous



Mashed potato (great for holding other foods, like peas)

Cooked carrot Toast fingers batons

Pasta

Red pepper Potato pieces

Finger

Sandwiches

Veg goujons



Soft, batons

Peach slices

Banana

Eggy bread

Large bit of meat

Slice of melon



Big



Whole pear

Chicken drumstick