

Stewed apple Yogurt Soup

Puree

Custard Pureed homemade meal Mousse

Smooth



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

Finely cut
meat/pasta/
pastry

Dhal

Mashed
Food

Avocado

Houmous



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

Cooked carrot
batons

Toast fingers

Pasta

Red pepper

Potato pieces

Finger
food

Sandwiches

Veg goujons

Soft, batons

Peach slices

Banana

Eggy bread



Large bit of
meat

Slice of melon



Big



Whole pear

Chicken
drumstick