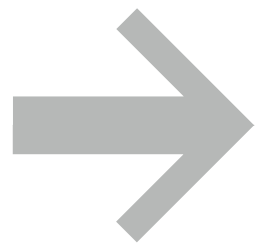
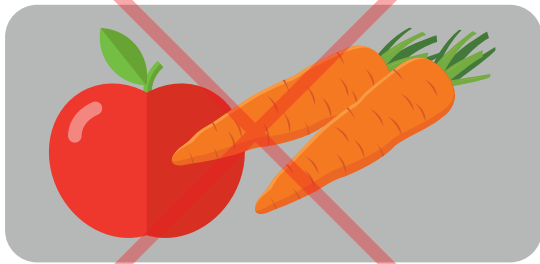
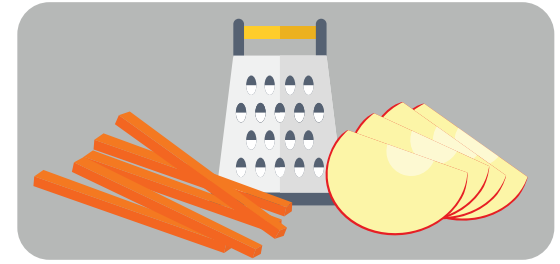
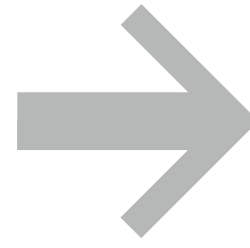


Preparing safe food for 4-6 yr old tamariki

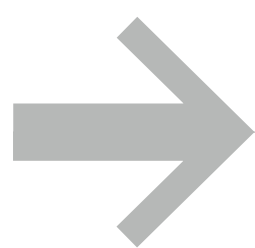
Small hard food



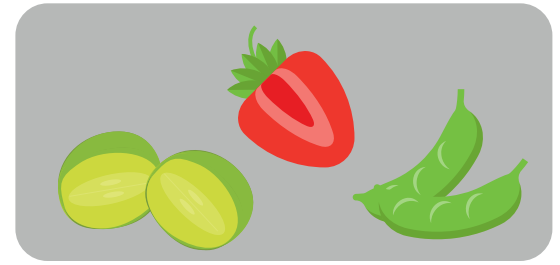
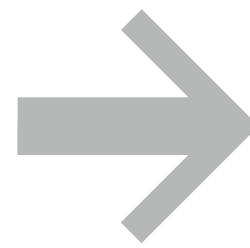
- Grate raw carrot or apple
- Spiralize or slice fruit thinly
- Raw or cooked fruit and veges cut into sticks (4-6cm long)



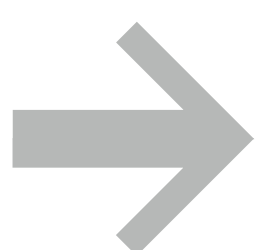
Small round or oval food



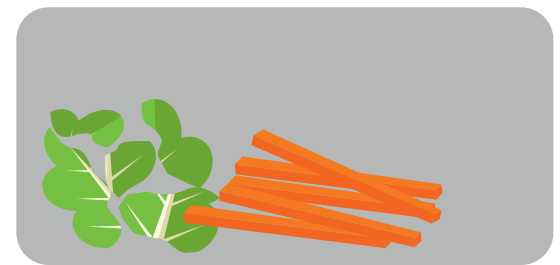
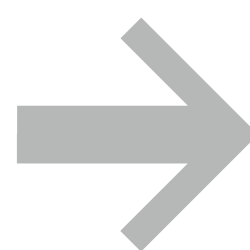
- Halve or quarter grapes, berries and cherry tomatoes
- Whole cooked green peas are acceptable



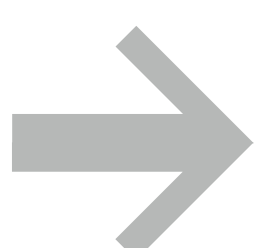
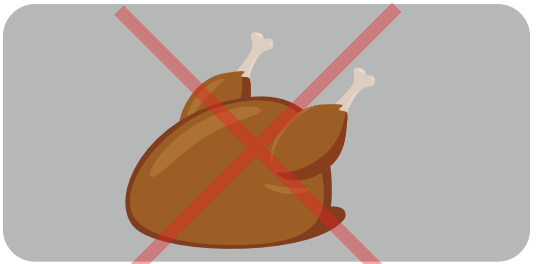
Food with skin or leaves



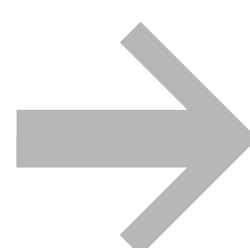
- Finely slice or chop salad leaves, spinach or cabbage
- Remove skin from chicken
- Grate raw carrot or apple
- Spiralize or slice fruit thinly
- Raw or cooked fruit or veges cut into sticks (4-6cm long)



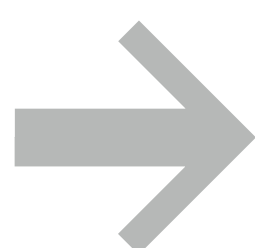
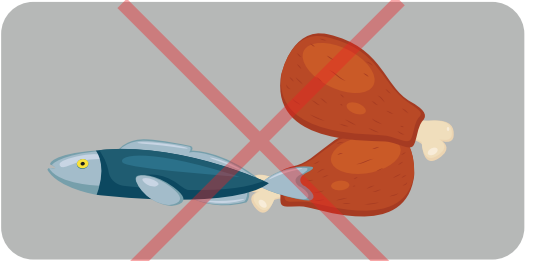
Compressible foods



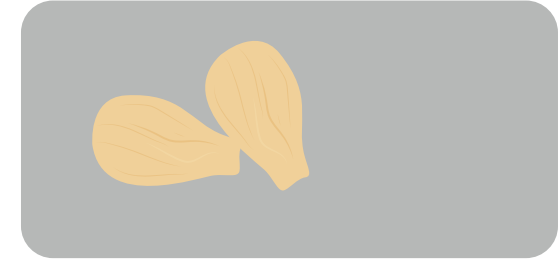
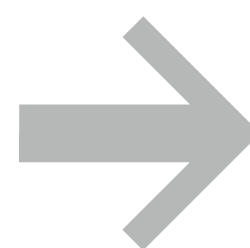
- Cook meat until very tender
- Offer thin strips of meat (4-6cm long) that can be picked up with one hand or with a fork



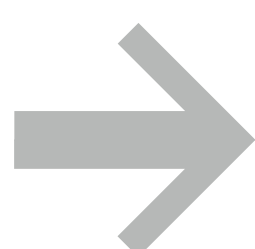
Food with bones



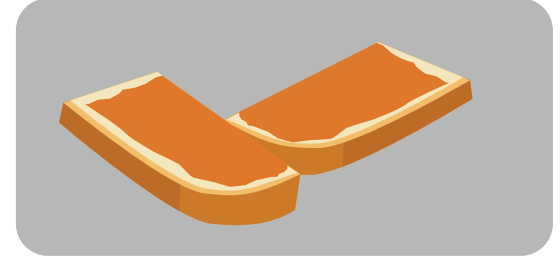
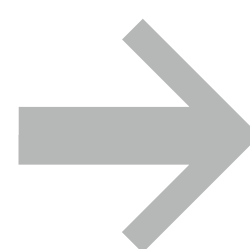
- Remove all bones



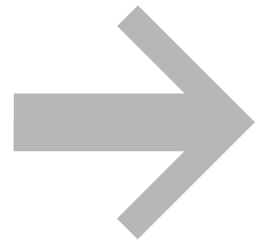
Thick pastes



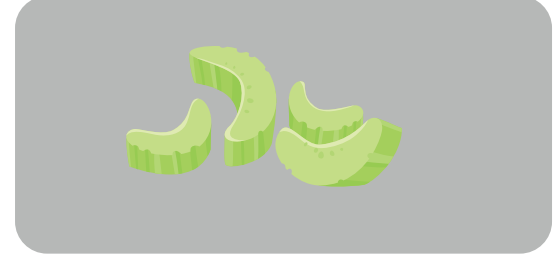
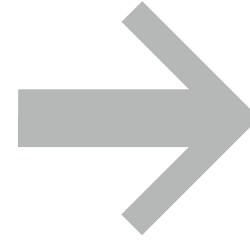
- Use smooth thick pastes sparingly, spread thinly and evenly onto bread



Fibrous or stringy food



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



Do not serve:

- Popcorn
- Nuts and Seeds
- Sausages, saveloys or cheerios
- Hard rice crackers
- Crisps or chippies
- Hard or chewy sweets or lollies
- Marshmallows
- Dried fruit

