

Safe Eating

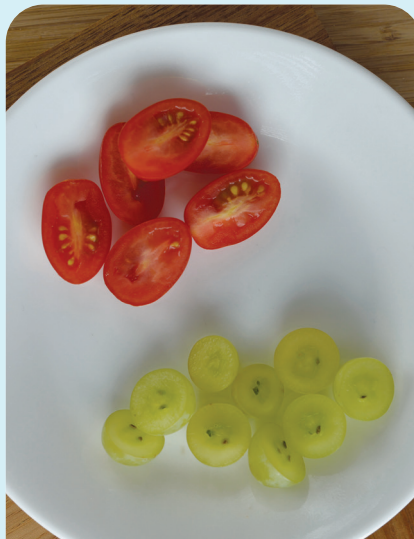
Making foods safe to eat for young children

Children under three years can choke because they are still learning how to chew and swallow.

- Always stay with children while they are eating.
- Ask children to sit down to eat.
- Offer food to children when they are happy and relaxed.
- Make foods safer to eat by cooking, cutting up, mashing and grating.



Grate, cook or mash hard fruit and vegetables like apples and carrots.



Chop small round fruit and vegetables in half such as cherry tomatoes and grapes.



Offer nut paste rather than whole nuts. Check your early childhood service allergy aware policy before sending nut paste to care.

Avoid foods like hard lollies, popcorn, whole nuts, corn chips, dry hard biscuits, chewing gum and seeds such as watermelon and pumpkin.