



# NUTRITION TIDBITS FOR TEACHERS

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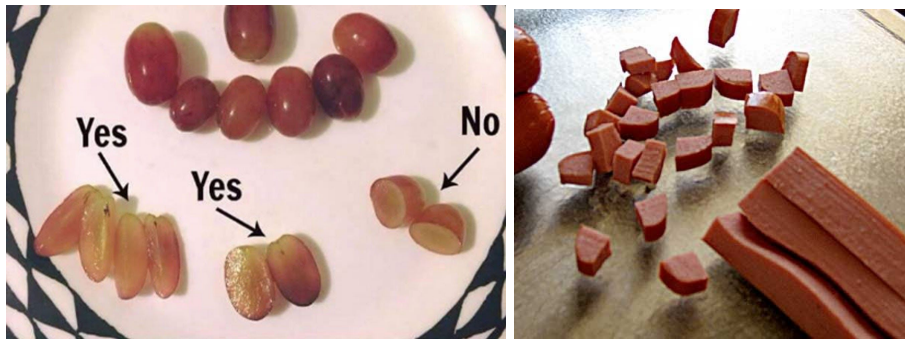
## 5 tips to prevent choking

- 1) Always sit with children during mealtime.
- 2) Never allow a child to wander around with food in their mouth.
- 3) Puree or finely mash foods for new eaters (around 6 months) and slowly advance up to chopped foods until a child is 1 year of age.

- 4)  This block is 1/4 inch. Between 1-2 years, foods should be cut to 1/4 inch.

- 5)  This block is 1/2 inch. Between 2 and 3 years, food should be cut to 1/2 inch.

- 6) Foods like grapes and hot dogs should be cut into quarters like this. Not into rounds.



- 7) It is important to offer a wide range of textures while advancing off purees to prevent picky eating and to help a child learn to chew.