Foods and liquids come in a variety of different textures and consistencies. For children who may experience challenges with eating and drinking, finding the right food texture and liquid consistency that is easiest and safest is essential.

**FOOD TEXTURES**

1. PUREED
2. MINCED AND MOIST
3. SOFT AND BITE-SIZED
4. REGULAR
LIQUID CONSISTENCIES

1. THIN LIQUIDS
2. SLIGHTLY THICK LIQUIDS

3. MILDLY THICK LIQUIDS
4. MODERATELY THICK LIQUIDS
5. EXTREMELY THICK LIQUIDS
LIQUID CONSISTENCIES – FORK AND SPOON TEST

1. THIN LIQUIDS
2. SLIGHTLY THICK LIQUIDS
3. MILDLY THICK LIQUIDS
4. MODERATELY THICK LIQUIDS
5. EXTREMELY THICK LIQUIDS