



# Texture and form

At around 6 months, my food should be smooth, soft and fine (just like below). As I grow older and my chewing abilities develop, my food's texture can be thicker and coarser. When I get to 10–12 months, the food you give me can be mashed, chopped or cut into small pieces.

## What should the texture of my food be?

About 6 months

12-24 months



PORRIDGE

