

When introducing solid foods, infants move through four stages of food textures. For each age range, put a check in the box under the food texture and next to the age you think your baby will be ready to eat the texture.

Age Range	Ground or soft chopped 	Mashed (smooth a few tiny lumps) 	Smooth (strained or pureed) 	Small pieces of finger foods 
6 months				
6 – 8 months				
8 – 10 months				
10 – 12 months				

Answer:

Age Range	Ground or soft chopped 	Mashed (smooth a few tiny lumps) 	Smooth (strained or pureed) 	Small pieces of finger foods 
6 months			x	
6 – 8 months		x		
8 – 10 months	x			
10 – 12 months				x