

## FOODS FOR INFANTS AS THEY DEVELOP

Average Age	Developmental Stage	Examples from Word Bank
Birth to 4-6 mth	Sucks and swallows liquids. Tongue moves from side to side. Cannot swallow solids.	_____ _____
4 – 6 months	Moves tongue back and forth. Can move food to back of throat to swallow.	_____ _____
6 – 7 months	Begins to learn to chew. Is teething.	_____ _____
8 – 10 months	Grasps objects with fingers and can put in mouth.	_____ _____
9 – 12 months	Drinks from a cup	_____ _____
10 – 12 months	Holds spoon and moves spoon to mouth.	_____ _____
choking	Dangerous foods	_____ _____
under 12 months	Could cause allergic reaction if given before 12 months	_____ _____

**WORD BANK:**

*hot dogs*  
*infant formula*  
*popcorn*  
*breast milk*  
*apple juice*  
*strained foods*

*soft, raw fruit*  
*cottage cheese*  
*egg whites*  
*baby biscuit*  
*whole milk*  
*yogurt*

*oat cereal diluted with milk*  
*white grape juice*  
*rice cereal diluted with milk*  
*cooked vegetables*

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Birth to 4-6 mth	Sucks and swallows liquids. Tongue moves from side to side. Cannot swallow solids.	<u><b>BREAST MILK</b></u> <u><b>INFANT FORMULA</b></u>
4 – 6 months	Moves tongue back and forth. Can move food to back of throat to swallow.	<u><b>RICE CEREAL</b></u> <u><b>OAT CEREAL</b></u>
6 – 7 months	Begins to learn to chew. Is teething.	<u><b>STRAINED FOODS</b></u> <u><b>BABY BISCUITS</b></u>
8 – 10 months	Grasps objects with fingers and can put in mouth.	<u><b>COOKED VEGETABLES</b></u> <u><b>SOFT, RAW FRUIT</b></u>
9 – 12 months	Drinks from a cup	<u><b>APPLE JUICE</b></u> <u><b>WHITE GRAPE JUICE</b></u>
10 – 12 months	Holds spoon and moves spoon to mouth.	<u><b>COTTAGE CHEESE</b></u> <u><b>YOGURT</b></u>
choking	Dangerous foods	<u><b>HOT DOGS</b></u> <u><b>POPCORN</b></u>
under 12 months	Could cause allergic reaction if given before 12 months	<u><b>WHOLE MILK</b></u> <u><b>EGG WHITES</b></u>

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