

Pupil name _____

Year Group _____

Please only sign and date in the row of the level of food your child is at in the current term.

Food Photo These are examples and not an exhaustive list	1-7 Food Scale Food Descriptors	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<p>1. Fluids only</p> <p>e.g. water and milk</p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>
	<p>2. Puree only</p> <p>e.g. baby food,</p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>
	<p>3. Mashed only</p> <p>e.g. smooth consistency with some pulses, some grains, like oats, chia rice pudding.</p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>
	<p>4. Soft chunks</p> <p>e.g. smooth consistency with some soft chunks, like soft jacket potato, baked beans,</p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>
	<p>5. Soft chunks / soft to bite foods.</p> <p>e.g. cooked vegetables, peas, bananas, oranges, bread,</p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>
	<p>6. Harder to bite / Harder to chew foods.</p> <p>e.g. pasta, sausage, fishfingers, tomatoes, cucumber, beetroot, lettuce</p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>
	<p>7. Solid foods / Hard to bite.</p> <p>e.g. any adult food, like carrot sticks, apples, pears, celery, a flapjack, a cookie</p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>	<p><u>Date</u></p>