



Cut small Sit tight Eat slowly



Develop good eating habits from a young age to prevent young children from choking on food

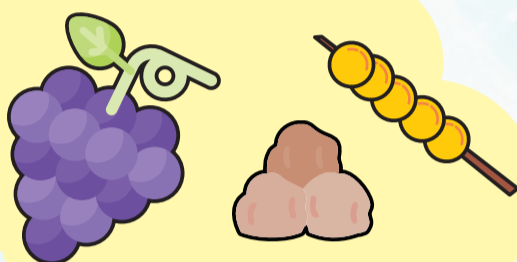
For young children, there may be a risk of choking while eating, especially when they do not chew their food thoroughly or try to swallow it whole. Extra caution should be taken with the following foods:

E.g. Konjac jellies in mini cup



Foods that are small and do not dissolve easily

E.g. Grapes, Beef balls, Fish balls



Small round / oval foods

E.g. Hard candy, Nuts, Peanuts, Melon seeds



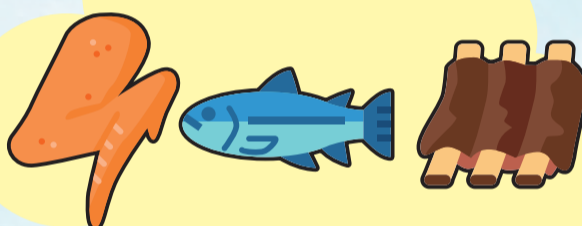
Small hard foods

E.g. Glutinous rice cakes, Chewing gums, Marshmallows



Hard-to-chew, compressible foods

E.g. Chicken, Fish, Ribs



Foods that contain small bones

E.g. Peanut butter

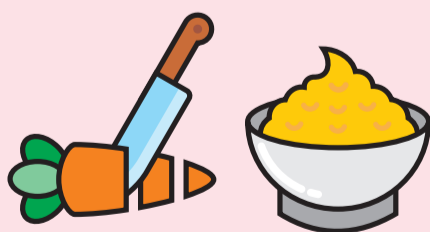


Thick pastes

Parents or caregivers should follow good eating habits together with young children:

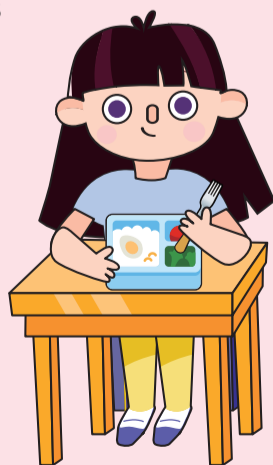
Be aware of the size and texture of the food

Cut food into small pieces or soften hard vegetables by cooking



Maintain a good eating posture

Maintain a proper eating posture, ensure that the child sits upright in a chair while eating, and avoid walking, talking or playing during meals



Supervise the entire eating process

Be aware of the early signs of choking and intervene promptly



Teach to chew slowly and swallow carefully

Encourage children to chew thoroughly, swallow slowly, and avoid eating too quickly



Parents and caregivers should also know what to do if a child is choking
(Published by The Primary Healthcare Office of the Health Bureau)
(Only available in Chinese language)



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