

**Antelope Valley Union High School District
Food Temperature, Texture and Consistency**

Temperature	Texture	Consistency
<u>Cold temperature</u> 36-59 degrees F	<u>Pureed</u> No lumps, may be fine grain Cream of Wheat, pudding Requires <ul style="list-style-type: none"> • Suck or suckle patterns • Lip and jaw closure 	<u>Too sticky</u> Add liquids, condiments or fat (add ex.: mayonnaise, butter, milk) Examples <ul style="list-style-type: none"> • Potatoes, rice, other starches When is this a problem for the student <ul style="list-style-type: none"> • Weak or poor tongue movement • Sticking to roof of mouth
<u>Warm temperatures</u> 100-105 degrees F	<u>Finely to coarsely ground</u> 1/8th to 1/4th inch pieces Requires <ul style="list-style-type: none"> • Suck or suckle patterns • Lip and jaw closure • Plus vertical jaw and tongue movement 	<u>Too runny</u> Fruits and vegetables Cook them longer (for evaporation) Drain off fluids Add gelatin, oatmeal, or potato flakes Examples <ul style="list-style-type: none"> • Pureed fruit or vegetables When is this a problem for the student <ul style="list-style-type: none"> • Runny foods may move too fast • Too easily swallowed to control • Risk of aspiration
<u>Too hot</u> <ul style="list-style-type: none"> • Stir it • Spread it • Wait for it to cool • Put it in the refrigerator • Add cooler food 	<u>Diced</u> ¼ to ½ inch pieces Fruit cocktail Requires <ul style="list-style-type: none"> • Suck or suckle patterns • Lip and jaw closure • Plus vertical jaw and tongue movement • Lateral movement of tongue • Vertical and diagonal jaw movement • Enough strength to break pieces 	<u>Too wet</u> Blot the food Add bread, oatmeal or potato flakes Examples <ul style="list-style-type: none"> • Chopped foods • Peach, banana When is this a problem for the student? <ul style="list-style-type: none"> • Slow to swallow • May leak or be drooled easily • Leads to coughing or gagging
<u>Too cold</u> <ul style="list-style-type: none"> • Put it in the microwave • Heat it on the stove • Add warmer food 	<u>Regular</u> Needs to be cut or bitten Requires <ul style="list-style-type: none"> • Suck or suckle patterns • Lip and jaw closure • Plus vertical jaw and tongue movement • Lateral movement of tongue • Vertical and diagonal jaw movement • Enough strength to break pieces • Rotary jaw movement • Significant strength to break pieces 	<u>Too dry</u> Add fluids Examples <ul style="list-style-type: none"> • Meats • Breads and crackers When is this a problem for the student? <ul style="list-style-type: none"> • Thick saliva and dry mouth • Difficult to control tongue • Stick to roof of mouth • Leads to coughing or gagging