

# How to Change Texture of Food

**Puree** (or mash) is cooked food, that has been ground, pressed, or blended to the consistency of a creamy paste or liquid

- Try pureeing pasta, rice, oats, potato, pumpkin and fruit



**Grate** food to reduce it to small shreds by rubbing it on a grater

- Try grating carrots, zucchini, potato, onion, apples and cheese



**Chop** foods into bite-sized pieces

- Chop fruit and vegetables



**Dice** foods into very small squares

- Dice fruit and vegetables



**Boil** foods in boiling water or water-based liquids

- Boil eggs, fruit and vegetables



**Poach** food by submerging in water or a water-based liquid at a relatively low temperature

- Poach chicken, eggs, fish and fruit



**Bake** food with the use of dry heat such as an oven

- Bake fruit and vegetables

