Sri Lankan foods example slides

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RCSLT Cultural Sensitivity in SLT Case Study
Risk levels for food

• Highest risk: crunchy/tiny food
  • Went towards your airway when you swallowed

• Small risk: soft food
  • Leaves more residue in the throat after you swallow

• Lowest risk: puree
  • Leaves a very small amount in your throat
Highest risk

Stringhopper

Tiny pieces

(Fish) cutlets

Crunchy and tiny pieces

Red rice

MYSORE BONDA
south Indian snack
Next level of risk

Dosa cut into small pieces
Better with thick sauce
Small risk
- Soft pieces: can be flattened with a fork
- Needs a thick sauce

Dhal

parippu
Queries for you

Does it have husks?
How soft is the rice?

Can you crush tapioca balls with a fork?