

# Sri Lankan foods example slides

Kerry Corley, SLT

[Kerry.corley@nhs.net](mailto:Kerry.corley@nhs.net)

RCSLT Cultural Sensitivity in SLT Case Study

# Risk levels for food

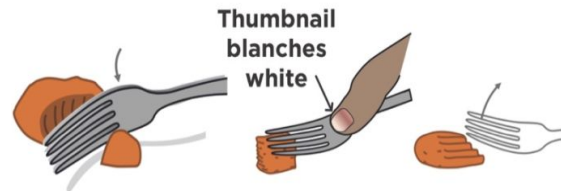
- Highest risk: crunchy/tiny food
  - Went towards your airway when you swallowed



- 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



(Fish) cutlets



Crunchy and tiny pieces

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?