101 Competencies for Food Service Workers & Caregivers

1. What is Dysphagia?
   a. Difficulty breathing
   b. Difficulty swallowing
   c. Difficulty speaking
   d. All of the above

2. What does the “S” stand for in IDDSI?
   a. Sweet
   b. Slicing
   c. Standardization
   d. Serving

3. IDDSI promotes safety by using the same words/names to talk about foods and drinks for people of all ages with dysphagia.
   a. True
   b. False

4. You play an important role with caring for those with swallow problems by preparing and serving safer foods and drinks. How does IDDSI help you?
   a. Less confusion of different diet names (for example, when a person is transferred from one facility to another).
   b. Simple testing methods to test if food is safe.
   c. Easy to learn diet levels. Each level has a name, color, number and symbol.
   d. All of the above

5. Where can you learn more about IDDSI?
   a. IDDSI Website (www.IDDSI.org; https://iddsi.org/United-States)
   b. IDDSI’s YouTube Channel
   c. IDDSI App
   d. Ask questions and do hands-on training at your workplace (ask dietitians and speech-language pathologists)
   e. All of the above

Answer key
B
C
A
D
E