101 Competencies for Healthcare Providers

1. Why was IDDSI established?
   a. To provide a common terminology to describe food textures and drink thickness
   b. To offer detailed level definitions and testing methods
   c. To create testing methods that are easy, reliable, and accessible
   d. All of the above

2. IDDSI promotes safety through common terminology for all ages in all care settings and for all cultures.
   a. True
   b. False

3. What are the features of the IDDSI framework?
   a. Evidence-based
   b. Internationally and interculturally valid
   c. Common language, broadly supported
   d. Strong operational definitions for each texture
   e. Standardized foods and liquid testing methods and tools
   f. All of the above

4. Transitional foods:
   a. Start as one texture and change into another when moisture is applied or change in temperature occurs
   b. Do not require biting
   c. Require minimal chewing and can be mashed by the tongue
   d. May be utilized for developmental teaching or rehabilitation of chewing skills
   e. All of the above

5. Bread:
   a. Is not recommended on IDDSI’s texture modified diets
   b. Is a very common item that can be associated with choking or airway blockage
   c. Should be assessed for safety by swallowing specialist for texture modified diets
   d. May be provided to meet person’s preferences and wishes according to their goals of care with adequate documentation
   e. All of the above

Answer key
D
A
F
E
E