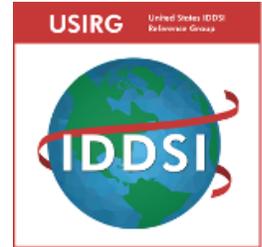


## 201 Competencies for Food Service Workers



1. Cutting the food into consistent 1.5 cm by 1.5 cm size pieces (for Soft & Bite-Sized, Level 6) is important to reduce a person's choking risk.
  - a. True
  - b. False
  
2. IDDSI Food Testing uses tools that can be found easily in your kitchens, such as:
  - a. Fork
  - b. Spoon
  - c. Gloved fingers
  - d. all of the above
  
3. In IDDSI's Spoon Tilt Test: What best describes how food slides or plops off the spoon when the spoon is turned sideways?
  - a. It just falls off
  - b. You may use a gentle flick of the wrist
  - c. You may use a forceful shake of the wrist
  - d. You may use a gentle shake of your whole arm
  
4. Your thumbnail blanches white during IDDSI's Fork Pressure Test for Soft & Bite-Sized, Level 6. The piece of food should squash and not return to its normal shape. This shows that the food is "soft."
  - a. True
  - b. False
  
5. IDDSI's Flow Test uses a 10ml syringe (or IDDSI Funnel) to test the thickness of liquids. How long should you allow liquid to flow through the syringe before replacing your finger at the bottom of the syringe to stop the liquid flowing?
  - c. 5 seconds
  - d. 10 seconds
  - e. 15 seconds
  - f. 20 seconds
  
6. To make sure the Minced & Moist, Level 5, contains moist and cohesive foods, you can use the following tests:
  - a. Fork Drip Test: the food sample sits in a pile or mound on the fork without a lot of liquid dripping through the fork.
  - b. Spoon Tilt Test: the food sample holds its shape on the spoon (not dry crumbly particles).
  - c. Spoon Tilt Test: the food sample slides off the spoon and slumps slightly on the plate (not falling off in crumbles).
  - d. All of the above

Answer Key:

1. a
2. d
3. b
4. a
5. b
6. d