FOODS

LEVEL 7 - REGULAR RG7
No specific testing information. Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.

LEVEL 7 - EASY TO CHEW EC7
Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability.

LEVEL 6 - SOFT & BITE-SIZED SB6
Pieces no bigger than 1.5 x 1.5 cm in size for adults and 8 mm x 8 mm for babies & children. Soft + Bite-sized, tender and moist throughout, with no thin liquid leaking or dripping from the food. Chewing ability needed.

LEVEL 5 - MINCED & MOIST MS5
4 mm lump size for adults and 2 mm lump size for babies and children. Very soft, small moist lumps, minimal chewing ability needed.

LEVEL 4 - PUREED PU4
Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

LEVEL 3 - LIQUIDISED LQ3
No less than 8 mL remaining in the funnel after 10 sec of flow. Drips slowly in dollops/strands through the prongs of a fork.

FOOD TEST INSTRUCTIONS

LEVEL 4 - EXTREMELY THICK EX4
Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

LEVEL 3 - MODERATELY THICK MO3
No less than 8 mL remaining in the funnel after 10 sec of flow. Drips slowly in dollops/strands through the prongs of a fork.

LEVEL 2 - MILDLY THICK MT2
4-8 mL remaining in the funnel after 10 sec of flow.

LEVEL 1 - SLIGHTLY THICK ST1
1-4 mL remaining in the funnel after 10 sec of flow.

LEVEL 0 - THIN TN0
Less than 1 mL remaining in the funnel after 10 sec of flow.

DRINKS / LIQUIDS

FLOW TEST INSTRUCTIONS

LEVEL 4 - EXTREMELY THICK EX4
Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

LEVEL 3 - MODERATELY THICK MO3
No less than 8 mL remaining in the funnel after 10 sec of flow. Drips slowly in dollops/strands through the prongs of a fork.

LEVEL 2 - MILDLY THICK MT2
4-8 mL remaining in the funnel after 10 sec of flow.

LEVEL 1 - SLIGHTLY THICK ST1
1-4 mL remaining in the funnel after 10 sec of flow.

LEVEL 0 - THIN TN0
Less than 1 mL remaining in the funnel after 10 sec of flow.

TESTING INFO

1. Add 1 mL of water to 15 mm x 15 mm sample and wait 1 minute (child: 8 mm x 8 mm)
2. Then complete the IDDSI Fork Pressure Test
3. Remove finger from nozzle as you start the stopwatch
4. Stop at 10 seconds

TESTING INFO

1. Cover nozzle with finger
2. Pour to Fill Line
3. Stop at 10 seconds

TESTING INFO

1. Add water to funnel
2. Wait 1 minute
3. Remove finger from nozzle
4. Stop at 10 seconds

TESTING INFO

1. Wait 1 minute
2. Remove finger from nozzle
3. Stop at 10 seconds

TESTING INFO

1. Wait 1 minute
2. Stop at 10 seconds

FOOD & DRINKS CLASSIFICATION AND TESTING
ADULT & PEDIATRIC

Food that starts as a firm solid texture and changes to another texture when it becomes wet or when warmed. Minimal chewing ability needed.

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