Testing intended for **SOFT & BITE-SIZED**

<table>
<thead>
<tr>
<th>Product or food tested</th>
<th>Heating method(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Testing</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Temperature when tested at:</th>
<th>☐ time of service</th>
<th>☐ 15 mins after serving</th>
<th>☐ 30 mins after serving</th>
</tr>
</thead>
</table>

**Instructions:**
- Level 6 Soft & Bite-Sized critical tests include Appearance + Fork/Spoon Pressure Test OR if these are not available Finger Test.
- For particle size: food intended to mimic a ‘bite of food’ – must be equal to or less than 15mm x 15mm (adults); equal to or less than 8mm x 8mm (pediatrics).
- The food item must pass or meet criteria for any row marked *.

<table>
<thead>
<tr>
<th>Tests</th>
<th>Meets criteria at</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Time of service</td>
</tr>
</tbody>
</table>

**Critical: Appearance**
- * Pieces less than or equal to 15mm x 15mm (adults); 8mm x 8mm (pediatrics)
  - ☐ Yes ☐ No ☐ Yes ☐ No ☐ Yes ☐ No
- * No separate thin liquid
  - ☐ Yes ☐ No ☐ Yes ☐ No ☐ Yes ☐ No

**Critical: Fork/Spoon Pressure Test (metal dinner fork or teaspoon needed)**
- * When pushing down on a 15mm x 15mm sample with a dinner fork or teaspoon, with enough pressure that the thumb nail turns white, the food can be squashed and will not return to original shape
  - ☐ Yes ☐ No ☐ Yes ☐ No ☐ Yes ☐ No
- * Food can be separated into smaller pieces using pressure from a dinner fork or teaspoon held on its side
  - ☐ Yes ☐ No ☐ Yes ☐ No ☐ Yes ☐ No

**Alternative if Fork or Spoon not available: Finger Test**
- * When pushing down on a 15mm x 15mm sample using thumb, with enough pressure that the thumb nail turns white, the food can be squashed and will not return to original shape
  - ☐ Yes ☐ No ☐ Yes ☐ No ☐ Yes ☐ No
- * Food feels moist
  - ☐ Yes ☐ No ☐ Yes ☐ No ☐ Yes ☐ No

**Optional: Chopstick Test**
- Chopsticks can break 15mm x 15mm pieces into smaller pieces
  - ☐ Yes ☐ No ☐ Yes ☐ No ☐ Yes ☐ No

**OVERALL CONCLUSION: Does the sample meet the criteria for Level 6 Soft & Bite-sized?**
- ☐ Yes ☐ No ☐ Yes ☐ No ☐ Yes ☐ No

**Notes:**
* Chewing ability is needed for this texture, although biting is not required. Pieces should be ‘bite-sized’ at time of serving.
* Please see also [http://iddsi.org/framework/food-testing-methods/](http://iddsi.org/framework/food-testing-methods/)