**FOODS**

**LEVEL 7 - REGULAR**
No specific testing information.

**LEVEL 7 - EASY TO CHEW**
Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.

**LEVEL 6 - SOFT & BITE-SIZED**
Pieces no bigger than 1.5 x 1.5cm in size for adults and 8mm x 8mm for babies & children. Push down on piece with fork – sample should squish completely and not regain its shape.

**LEVEL 5 - MINCED & MOIST**
4mm lump size for adults and 2mm lump size for babies and children. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

**LEVEL 4 - PUREED**
Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Can be eaten with a spoon.

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

**TRANSITIONAL FOODS**

**LEVEL 7 - REGULAR**
R67
Food that starts as a firm solid texture and changes to another texture when it becomes wet or when warmed. Minimal 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
Soft + Bite-sized, tender and moist throughout, with no thin liquid leaking or dripping from the food. Chewing ability needed.

**LEVEL 5 - MINCED & MOIST**
MMS
Very soft, small moist lumps, minimal chewing ability needed.

**LEVEL 4 - PUREED**
PU4
Smooth with no lumps, not sticky, no chewing ability needed. Can be eaten with a spoon.

**LEVEL 3 - LIQUIDISED**
LQ3
Can be eaten with a spoon or drunk from a cup. Cannot be eaten with a fork because it slowly drips through. Effort needed to drink this through a wide straw.

**FOOD TEST INSTRUCTIONS**

**LEVEL 4 - EXTREMELY THICK**
EX4
'Sippable' from a cup but effort needed to drink this through a standard straw/teat/nipple.

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

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

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

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

**FLOW TEST INSTRUCTIONS**

**LEVEL 4 - EXTREMELY THICK**
EX4
Removes plunger from syringe and fills 10mL.

**LEVEL 3 - MODERATELY THICK**
MO3
Cover nozzle with finger and fill 10mL.

**LEVEL 2 - MILDLY THICK**
MT2
Release nozzle & start timer.

**LEVEL 1 - SLIGHTLY THICK**
ST1
Stop at 10 seconds.

**LEVEL 0 - THIN**
TN0
Stop at 10 seconds.

**DRINKS / LIQUIDS**

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