FOOD TEST INSTRUCTIONS

LEVEL 4 - PUREED
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
No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops through the prongs of a fork.

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 squash 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 7 - REGULAR
Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.

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

LEVEL 6 - SOFT & BITE-SIZED
Soft + Bite-sized, tender and moist throughout, with no thin liquid leaking or dripping from the food. Chewing ability needed.

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

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

LEVEL 3 - LIQUIDISED
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.

LEVEL 6 - SOFT & BITE-SIZED
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LEVEL 5 - MINCED & MOIST
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LEVEL 4 - PUREED
thumbnail blanches white

LEVEL 3 - LIQUIDISED
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DRINKS / LIQUIDS

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

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

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

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

LEVEL 4 - EXTREMELY THICK
Flow test instructions

LEVEL 1 - SLIGHTLY THICK
Thicker than water. Can flow through a standard straw.

LEVEL 2 - MILDLY THICK
'Sippable' from a cup but effort needed to drink this through a standard straw.

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

LEVEL 4 - EXTREMELY THICK
Thicker than water. Flows easily through any straw.

LEVEL 0 - THIN
Leak less than 0.5mL in 10s.

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

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

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

LEVEL 4 - EXTREMELY THICK
Thicker than water. Flows easily through any straw.