FOOD & DRINKS CLASSIFICATION AND TESTING
ADULT & PEDIATRIC

TESTING INFO

FOODS

LEVEL 7 - REGULAR
No specific testing information.

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
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 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 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 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.

TESTING INFO

FLOW TEST INSTRUCTIONS

1. Remove Plunger
2. Cover nozzle with finger and fill 10mL
3. Release nozzle & start timer
4. Stop at 10 seconds

TOOTH TRANSITION

Thumbnail blanches white

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

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

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
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 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 6 - SOFT & BITE-SIZED
4mm lump size for adults and 2mm lump size for babies and children. Push down on piece with fork – sample should squash completely and not regain its shape.

LEVEL 7 - REGULAR
No specific testing information.

FOOD TEST INSTRUCTIONS

1. Add 1mL of water to 1.5cm x 1.5cm sample and wait 1 minute.
2. Then complete the IDDSI Fork Pressure Test.

TESTING INFO

TRANSITIONAL FOODS TEST INSTRUCTIONS

1. Thumbnail blanches white
2. Then complete the IDDSI Fork Pressure Test.

FOODS

Thicker than water. Can flow through a standard straw/teat/nipple.


'Fonnible' from a cup but effort needed to drink this through a standard straw/teat/nipple.