**FOODS, DRINKS/ LIQUIDS TESTING**

**ADULT & PEDIATRIC**

**FOOD TEST INSTRUCTIONS**

1. **PUREED**
   - Minimal chewing ability needed.

2. **EXTREMELY THICK**
   - Food that starts as a firm solid texture and changes to another texture when it becomes wet or when warmed.

3. **MINCED & MOIST**
   - Adult: 4mm; Child: 2mm

4. **SOFT & BITE-SIZED**
   - Thumbnail blanches white

5. **REGULAR EASY TO CHEW**
   - Thumbnail blanches white

6. **FLOW TEST INSTRUCTIONS**
   - Length of 10ml scale: 81.5 mm
   - 1. Remove Plunger
   - 2. Cover nozzle with finger and fill 10ml
   - 3. Release nozzle & start timer
   - 4. Stop at 10 seconds

**TRANSITIONAL 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.