FOOD & DRINKS CLASSIFICATION AND TESTING
ADULT & PEDIATRIC

TESTING INFO

LEVEL 7 - REGULAR RG7
No specific testing information.

LEVEL 7 - EASY TO CHEW EC7
Normal everyday foods of various textures that are developmentally and age appropriate. Bitting and chewing ability needed.

LEVEL 6 - SOFT & BITE-SIZED SB6
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 MM5
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 PU4
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 LQ3
No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops through the prongs of a fork.

FOOD TEST INSTRUCTIONS

4
PUREED
'Very soft, small moist lumps, minimal chewing ability needed.'

4
EXTREMELY THICK
'Small moist lumps, minimal chewing ability needed.'

5
MINCED & MOIST
'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.'

6
SOFT & BITE-SIZED
'Thicker than water. Can flow through a standard straw/teat/nipple.'

7
EASY TO CHEW
'Flows like water. Flows easily through any straw/teat/nipple.'

DRINKS / LIQUIDS

FLOW TEST INSTRUCTIONS

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

TESTING INFO

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.

LEVEL 7 - REGULAR RG7
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 6 - SOFT & BITE-SIZED SB6
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 MM5
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 PU4
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 LQ3
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.