

## **FOOD & DRINKS CLASSIFICATION** AND TESTING

# **PEDIATRIC**

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0





Remove

Plunger

TRANSITIONAL FOODS TEST INSTRUCTIONS

Thumbnail

blanches

white



**FLOW TEST INSTRUCTIONS** 

Food that starts as a firm solid texture and changes to another texture when it becomes wet or when warmed. Minimal chewing ability needed.

Then complete

the IDDSI Fork

Pressure Test.



### **FOODS**

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. Biting and chewing ability needed.

Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability.

Chewing ability needed.

# Length of 10ml scale = 61.5 mm

Add 1mL

of water to

sample and

wait 1 minute.

1.5cm x 1.5cm \(\bar{\q}\)



**LEVEL 4 - EXTREMELY THICK EX4** 



Release nozzle & start



Stop at 10 seconds

# 6

5

4





LEVEL 6 - SOFT & BITE-SIZED SB6

Pieces no bigger than 8mm x 8mm for babies & children and 1.5 x 1.5cm in size for adults.

Push down on piece with fork - sample should squash completely and not regain its shape.

2mm lump size for babies and children and 4mm lump size for adults.

Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

Very soft, small moist lumps, minimal chewing ability needed.

Soft + Bite-sized, tender and moist throughout, with

no thin liquid leaking or dripping from the food.

#### **TESTING INFO**





**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.

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

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.

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 - 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.





#### **FOOD TEST INSTRUCTIONS**



**PUREED** 

**EXTREMELY** 

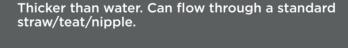












'Sippable' from a cup but effort

needed to drink this through a

standard straw/teat/nipple.

#### **LEVEL 2 - MILDLY THICK MT2**

LEVEL 1 - SLIGHTLY THICK ST1

4-8mL remaining in the syringe after 10 sec of flow.

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







SOFT &

**BITE-SIZED** 



Flows like water. Flows easily through any straw/teat/nipple.

LEVEL 0 - THIN TNO

Less than 1mL remaining in the syringe after 10 sec of flow.









**DRINKS / LIQUIDS** 

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