










LEVEL	DESCRIPTION/CHARACTERISTICS	TESTING METHODS	TEST PICTURE
<b>3</b> <b>Liquidised</b>	<ul style="list-style-type: none"> <li>Cannot be eaten with a fork</li> <li>No chewing required, can be swallowed directly</li> <li>Cannot be piped, layered or moulded on a plate</li> <li>Smooth texture, no lumps</li> </ul>	<b>Fork Drip Test:</b> <ul style="list-style-type: none"> <li>Drips slowly in dollops through prongs of a fork</li> <li>Prongs of a fork do not leave clear pattern on surface</li> <li>Spreads out if spilled to a flat surface</li> </ul> <b>Spoon Tilt Test:</b> <ul style="list-style-type: none"> <li>Easily pours from spoon without sticking</li> </ul>	<b>DRIPS SLOWLY THROUGH PRONGS OF A FORK</b> 
<b>4</b> <b>Pureed</b>	<ul style="list-style-type: none"> <li>Eaten with a spoon only</li> <li>Does not require chewing</li> <li>Can be piped, layered or moulded on a plate</li> <li>Smooth texture, no lumps, not sticky</li> <li>Liquid must not separate from solid</li> </ul>	<b>Fork Pressure Test:</b> <ul style="list-style-type: none"> <li>Prongs of a fork make a clear pattern on the surface, and/or the food retains the indentation from the fork</li> </ul> <b>Spoon Tilt Test:</b> <ul style="list-style-type: none"> <li>Holds its shape on a spoon</li> <li>Full amount plops off the spoon if the spoon is tilted, a very gentle flick may be necessary to dislodge, but sample should slide off easily with very little left on spoon</li> </ul>	<b>SITS IN A MOUND ABOVE THE FORK. A SMALL AMOUNT MAY FALL THROUGH BUT DOES NOT DRIP CONTINUOUSLY</b>  <b>HOLDS SHAPE ON SPOON, LITTLE LEFT AFTER FALLING OFF</b> 
<b>5</b> <b>Minced &amp; Moist D</b>	<ul style="list-style-type: none"> <li>Can be eaten with a fork or spoon</li> <li>Biting is not required, as small lumps easily squashed with tongue</li> <li>Can be scooped and shaped</li> <li>Soft and moist with no separate thin liquid</li> </ul> <p style="text-align: center;"><b>LUMPS ARE MAX 4mm FOR ADULTS</b></p>	<b>Fork Pressure Test:</b> <ul style="list-style-type: none"> <li>When pressed with a fork, the particles should separate easily and come through the prongs</li> <li>Can be easily mashed with little pressure using a fork</li> </ul> <b>Spoon Tilt Test:</b> <ul style="list-style-type: none"> <li>Holds its shape on a spoon</li> <li>Full amount must slide/pour off the spoon if spoon is tilted or shaken lightly, with very little left on the spoon. It should not be sticky</li> </ul>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p><b>CORRECT SIZE</b></p>  </div> <div style="text-align: center;"> <p><b>WRONG TOO LARGE!</b></p>  </div> </div>



		<ul style="list-style-type: none"> <li>A scooped mound may spread or slump very slightly on a plate</li> </ul>	
<b>6 Soft &amp; Bite-Sized</b>	<ul style="list-style-type: none"> <li>Can be eaten with a fork, spoon or chopsticks</li> <li>Biting is not required but chewing is necessary</li> <li>Bite-sized pieces as appropriate for oral processing skills</li> <li>Soft, tender and moist throughout, with no separate thin liquid</li> <li><b>PIECES ARE 15mm/1.5cm FOR ADULTS (approx. width of adult thumb nail)</b></li> </ul>	<p><b>Fork Pressure Test:</b></p> <ul style="list-style-type: none"> <li>Pressure from a fork held on its side can be used to 'cut' or break up texture into smaller pieces</li> <li>When a sample the size of a thumb nail is pressed with the base of a fork, the sample squashes and changes shape, and does not return to its original shape when the fork is removed</li> </ul>	<p><b>WHEN SQUASHED WITH A FORK, DOES NOT RETURN TO ITS PREVIOUS SHAPE</b></p> 
<b>7 Regular – Easy to Chew</b>	<ul style="list-style-type: none"> <li>Normal, everyday foods of <b>soft/tender textures</b></li> <li>Any method may be used to eat these foods</li> <li>Sample size is not restricted</li> <li>Does not include: hard, tough, chewy, fibrous, stringy, crunchy, or crumbly bits, pips, seeds, fibrous parts of fruit, husks or bones</li> </ul>	<p><b>Fork Pressure Test:</b></p> <ul style="list-style-type: none"> <li>Pressure from a fork held on its side can be used to 'cut' or break up texture into smaller pieces</li> <li>When a sample is pressed with the base of a fork, the sample squashes and does not return to its original shape when the fork is removed</li> </ul>	<p><b>MUST BE ABLE TO BREAK FOOD APART EASILY WITH THE SIDE OF A FORK</b></p> 
<b>7 Regular</b>	<ul style="list-style-type: none"> <li>Normal, everyday foods of various textures</li> <li>Any method can be used to eat these foods</li> <li>Foods may be hard and crunchy or naturally soft</li> <li>Sample size is not restricted</li> <li>Includes hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy, or crumbly bits</li> </ul>	Not applicable	Not applicable