

# 5 MINCED AND MOIST



## IDDSI Audit Tool

Product or food tested			
If heated, heating method(s)			
Temperature when tested at:	°C/°F time of service	°C/°F 15 mins after serving	°C/°F 30 mins after serving

### Instructions

- Level 5 Minced & Moist critical tests include **Appearance + Fork Pressure Test + Spoon Tilt Test** OR if these are not available Finger Test.
- For particle size: food intended to mimic a 'chewed bolus' – must be equal to or less than 4mm width and no longer than 15mm in length (adults); equal to or less than 2mm width and no longer than 8mm length (pediatrics).
- The food item must pass or meet criteria for any row marked \*

Tests	Meets criteria at		
	Time of service	15 mins after serving	30 mins after serving
<b>Critical: Appearance</b>			
* Lumps less than or equal to 4mm (adults); 2mm (pediatrics)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* No separate thin liquid	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Critical: Fork Pressure Test (metal dinner fork needed)</b>			
* Food can be easily mashed with little pressure from a dinner fork (pressure should <u>not</u> make thumb nail blanch to white)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Easily separates and comes through prongs of a dinner fork	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Critical: Spoon Tilt Test (teaspoon needed)</b>			
* Holds shape on teaspoon	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Food slides off spoon with little food left on teaspoon (i.e. not sticky)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
May spread or slump slowly on a flat plate	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Alternative if Fork or Spoon not available: Finger Test</b>			
* Small soft smooth rounded particles can be easily squashed between fingers	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Food feels moist and will leave fingers wet	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Optional: Chopstick Test</b>			
Chopsticks can scoop or hold this texture if food is moist and cohesive	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>OVERALL CONCLUSION: Does the sample meet the criteria for:</b>			
<b>Level 5 Minced and Moist?</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

- Notes:**
- \* Minimal chewing should be needed to eat this food texture (e.g. tongue force should be able to squash/break food).
  - \* Please see also <http://iddsi.org/framework/food-testing-methods/>.