



101 Competencies for Food Service Workers & Caregivers

1. What is Dysphagia?
 - a. Difficulty breathing
 - b. Difficulty swallowing
 - c. Difficulty speaking
 - d. All of the above

2. What does the "S" stand for in IDDSI?
 - a. Sweet
 - b. Slicing
 - c. Standardization
 - d. Serving

3. IDDSI promotes safety by using the **same words/names** to talk about foods and drinks for people of all ages with dysphagia.
 - a. True
 - b. False

4. You play an important role with caring for those with swallow problems by preparing and serving safer foods and drinks. How does IDDSI help you?
 - a. Less confusion of different diet names (for example, when a person is transferred from one facility to another).
 - b. Simple testing methods to test if food is safe.
 - c. Easy to learn diet levels. Each level has a name, color, number and symbol.
 - d. All of the above

5. Where can you learn more about IDDSI?
 - a. IDDSI Website (www.IDDSI.org; <https://iddsi.org/United-States>)
 - b. IDDSI's YouTube Channel
 - c. IDDSI App
 - d. Ask questions and do hands-on training at your workplace (ask dietitians and speech-language pathologists)
 - e. All of the above

Answer key

- B
- C
- A
- D
- E