**Dysphagia and Thickened Liquid Quiz - Answers**

1. People who have dysphagia have problems swallowing liquids, foods, or saliva.

True False

1. Having dysphagia may make it hard for a person to take in enough calories and liquid to meet their body’s nutritional needs.

True False

1. Coughing during or right after eating or drinking is NOT a sign of dysphagia.

True False

1. If a person is diagnosed with dysphagia, it is up to them to decide what level of dysphagia diet to follow.

True False

1. A person with dysphagia CANNOT eat from all of the food groups to get a balanced diet.

True False

1. Some vegetables, like coleslaw or lettuce salad, cannot be mashed or pureed very well, so it is okay to substitute with another vegetable that mashes or purees better.

True False

1. Thicker liquids give a person with dysphagia more time to control the liquid in their mouth so it doesn’t go down into their lungs.

True False

1. It is okay to guess how much commercial thickener to add to a liquid for a person on a thickened liquid diet.

True False

1. Only a health professional, such as a doctor or speech and language pathologist, should prescribe a dysphagia or thickened liquid diet for a person with dysphagia.

True False

1. Ice cream, sherbet, sorbet, and gelatin are considered to be thin liquids because they become thin liquids at room temperature.

True False