

Preparing Textured Modified Foods:

A Training Program for Supportive Living Sites

Leaders Notes

Introduction

This training program may be used along with *Preparing Thick Fluids: A Training Program for Supportive Living Sites* presentation. The program is designed to teach production and food service staff how to properly prepare texture modified foods using a PowerPoint presentation and hands on activities. It can be used with new staff and staff who want to have refresher training. The training program can be presented by dietitians, food service supervisors or senior cooks.



This presentation may be used along with *Preparing Thick Fluids: A Training Program for Supportive Living Sites*.

Objectives

- Describe the appearance of different diet textures.
- Correctly make and serve the appropriate food texture modifications for individual diets.
- Prepare texture modified foods at activity stations: 1) pureed vegetable, 2) minced meat, 3) diced entrée for dysphagia soft diet.
- List standard equipment used for texture modified diets and follow texture modified recipes.

Instructions

- Allow 60 minutes for the training program (25 min for the presentation, 25 min for the activity stations, and 10 min for the quiz).
- Present the PowerPoint, *Preparing Texture Modified Foods: A Training Program for Supportive Living Sites*.
- Bring samples of texture modified foods to show participants during the presentation.
- The program can be presented to a group or reviewed with an individual.

Activities

- Activity Stations 1-3 will show participants examples of how to prepare foods for Dysphagia Soft, Minced and Pureed Diets.
- Activity Station 4 is intended to be used with *Preparing Thick Fluids: A Training Program for Supportive Living Sites*. You can skip this activity if you are not providing the thick fluids training.
- The activity stations can be done as you cover each diet type in the PowerPoint (prompts are included in the notes pages), or they can all be done at the end.
- You can ask 1 or 2 participants to do the activity in front of the group, or you can give all participants a chance to try each activity by splitting them into small groups. This may depend on the size of the room and the number of participants.



Quiz

- The final quiz includes questions on both texture modified diets and thick fluids. Use following the completion of both training presentations (and all 4 Activity Stations).
- Staff must receive a mark of 80% (no more than two wrong answers) in order to successfully complete this training.

Certificates

- Track which staff complete the training. You may also want to provide staff with a certificate of attendance.



Answer key: Preparing Texture Modified Foods Quiz

Choose the best answer for the following questions

1. Which of the following piece of equipment is not recommended for modifying the texture of food?
 - a. Potato masher
 - b. Blender
 - c. Food processor
 - d. **None of the above**

2. When preparing a pureed product, which fluid should you avoid using when thinning a product?
 - a. Juice
 - b. Milk
 - c. **Water**
 - d. Gravy

3. If the pureed food is too thin, what product is recommended to use to thicken the food item?
 - a. Bread crumbs
 - b. Crackers
 - c. Mashed potatoes
 - d. **A commercial thickener**

4. Which diet is it required to have most meats diced in 1 cm cubes?
 - a. Minced diet
 - b. **Dysphagia Soft diet**
 - c. Pureed diet
 - d. Cut/Diced diet

5. Which product is acceptable to use “as is” for the Dysphagia Soft texture?
 - a. Salisbury steak
 - b. Broccoli
 - c. **Shepherd’s pie**
 - d. Breaded pork cutlet

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6. Once the texture modified product is prepared, what should you do before serving it to the residents?
- Taste the food**
 - Mix the products together (meat, starch, vegetables)
 - Add salt and pepper
 - Stick your finger in to test the temperature
7. Texture modified foods may be stored in the refrigerator for less than:
- 2 days
 - 1 week
 - 5 days
 - 24 hours**
8. Which item is *not* considered a fluid?
- Ice cream
 - Popsicle
 - Mashed potatoes**
 - Cream soup
9. Fluid thickness from least to most is:
- Thin, nectar, honey, pudding**
 - Nectar, thin, honey, pudding
 - Thin, honey, nectar, pudding
 - Honey, thin, nectar, pudding
10. Which product should be used to thicken fluids?
- Flavoured gelatin powder
 - Corn starch
 - A commercial thickener**
 - Instant pudding powder