

Preparing Thick Fluids:

A Training Program for Supportive Living Sites

Leaders Notes



Introduction

This program is designed to teach production and food service staff how to properly prepare thick fluids. It uses a PowerPoint presentation and a hands-on activity. The program can be used with new staff and staff who want to have refresher training. It can be presented by dietitians, food service supervisors or senior cooks.

This training program may be used along with the presentation: *Preparing Texture Modified Diets: A Training Program for Supportive Living Sites*.

Objectives

- Prepare thick fluids through participation in a hands-on activity, using an appropriate commercial thickener that is used on-site.
- List standard equipment used for preparing thick fluids, follow instructions for thickener use, as well as describe the appearance of each thickness.
- Correctly make and serve the appropriate fluid thickness for individual needs.

Instructions

- Allow 20 minutes for the training program (10 min for the presentation and 10 min for the activity station).
- Present the PowerPoint, *Preparing Thick Fluids: A Training Program for Supportive Living Sites*.
- Bring samples of thick fluids, as well as the commercial thickener used on site to show participants during the presentation.
- The program can be presented for a group or reviewed with an individual.

Activity

- Activity Stations 1-3 are intended to be used with *Preparing Texture Modified Diets: A Training Program for Supportive Living Sites*. You can skip these activities if you are not providing the texture modified diets training.
- Activity Station 4 will show participants how to prepare a thickened fluid.
- The activity station can be done during a pause in the PowerPoint (prompts are included in the notes pages), or it can 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 do the activity by splitting them into small groups. This may depend on the size of the room and the number of participants.
- Adapt the activity to use the commercial thickener and standardized recipe(s) used on site.

Certificates

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