

Name: _____

Date: _____

Site: _____

Preparing Texture Modified Foods – Quiz

To receive your certificate of completion a score of 80% (8/10) is required. 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. In which diet is it required to have most meats diced in ½ inch/ 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?
- Minute steak
 - Broccoli
 - Shepherd’s pie
 - Breaded pork cutlet
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