Video 5 - Diets and Food Consistencies

Quiz
1. The diet ordered by the physician is the diet we should always follow. (True/False)

2. A diabetic resident may never have high carbohydrate foods or foods with sugar in them. (True/False)

3. An example of a fortified food would be (Circle all that apply):
   a. An extra scoop of ice cream in a milkshake
   b. Protein powder added to scrambled eggs
   c. Extra butter added to mashed potatoes
   d. Water added to juice
   e. Salt added to low sodium soup

4. Which are examples of clear liquid/full liquid menu items:
   a. Broth, popsicle, apple juice/ice cream, plain yogurt, strained cream soup
   b. Pineapple juice, tomato juice, sherbet/cottage cheese, vegetable soup
   c. Orange juice, creamsicle, coffee/clam chowder, fruited yogurt
   d. Anything liquid at room temperature

5. What should be done if a menu substitution needs to be made?
   a. Inform manager and dietitian of the necessary change, RD to sign off on change, offer diet-appropriate substitutes, notify residents, note of apology
   b. Nothing, as long as the resident’s diet has not been changed
   c. Tell the cook to make a substitute food, whatever is available
   d. Switch one day’s menu with another day
   e. Cross off the menu item on the weekly and daily menus
Answer key:
1. True
2. False
3. a, b, c
4. a
5. a