

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## 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