



Modified Textures and Thickened Fluids for Dysphagia Management – Quiz

Employee Name: _____ Date: _____ Site: _____

Nutrition and Food Services Lead Signature: _____

1. When serving modified texture meals to clients/residents/patients, staff should:

- a. Be positive and encouraging about the meal
- b. State “I don’t know what it is, just eat it.”
- c. Set the tray down and run away
- d. Mumble under their breath “I could never eat this stuff”

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. Gelatin Powder
- c. Milk
- d. A commercial thickener

4. Which diet requires to have most meats diced in ¼ inch in size or less?

- a. Soft
- b. Blenderized
- c. Minced
- d. Pureed

5. Which product is acceptable to use “as is” for the Soft texture?

- a. Minute steak
- b. Raw Broccoli
- c. Shepherd’s pie
- d. Breaded pork cutlet

6. Once the texture modified product is prepared, what should you do before serving it to the residents?

- a. Taste the food
- b. Mix the products together (meat, starch, vegetables)
- c. Add salt and pepper
- d. Stick your finger in to test the temperature

7. Which item is not considered a fluid?

- a. Ice cream
- b. Popsicle
- c. Mashed potatoes
- d. Jell-O

8. Fluid thickness from least to most is:

- a. Thin, Moderately Thick, Mildly Thick, Extremely Thick
- b. Mildly Thick, Thin, Moderately Thick, Extremely Thick
- c. Thin, Mildly Thick, Moderately Thick, Extremely Thick
- d. Moderately Thick, Thin, Mildly Thick, Extremely Thick

9. Which product should be used to thicken fluids?

- a. Flavored gelatin powder
- b. Corn starch
- c. A commercial thickener
- d. Instant pudding powder

10. What is the main difference between Minced and Total Minced Diet textures?

- a. Minced *is* allowed soft moist breads and baked goods, with crusts removed, in whole form; Total minced *is not* – they must have pureed bread/baked goods
- b. Minced *is* allowed whole meat products; Total Minced must have pureed meat
- c. Minced *is* allowed thin fluids; Total Minced must have Mildly Thick fluids
- d. Minced *is* allowed raw vegetables; Total Minced is allowed raw vegetables chopped fine

11. When preparing a thickened fluid, if you find it does not thicken to the desired viscosity you should:

- a. Add more thickener
- b. Place in a sealed container and shake vigorously
- c. Stir to ensure thickener has dissolved, then let sit for 5 – 10 minutes and check thickness again
- d. Place in freezer for 10 minutes

12. Choose all examples of High Risk Foods (can cause obstruction or increase the risk for aspiration)?

- a. Peanut Butter
- b. Grapes
- c. Soup containing small pieces of meat and vegetables
- d. Pudding

13. When preparing a thickened fluid, which of the following food item would need thickener added to achieve Moderately Thick Level 3 consistency:

- a. Honey
- b. Tomato sauce
- c. Butter milk
- d. Thick yogurt

14. Which food is allowed on “No Fluids Combined with Solids” diet?

- a. Watermelon
- b. Smooth hot cereal
- c. Cottage cheese
- d. Soup with crackers

15. Which statement is true?

- a. Thickened fluids can be kept in refrigerator until service
- b. Both blenderized and pureed food can be sipped through a straw
- c. Fish and legumes do not need cutting/mincing on “Soft with Minced Meat” diet texture
- d. Mixing the minced foods (starch, meat and vegetables) together helps patients/residents to eat quickly