## Activity Stations for Preparing Texture Modified Foods and Thick Fluids

For use with Preparing Texture Modified Foods: A Training Program for Supportive Living Sites and

**Preparing Thick Fluids: A Training Program for Supportive Living Sites** 





## Station 1: Preparing a Dysphagia Soft Entrée



Example of ½ inch (1 cm):



# Equipment and ingredients:

- Food processor
- 3 oz (90 g) Salisbury steak, minute steak, hamburger patty, etc.
- 1 medium baked potato
- ½ cup (125 mL) green beans
- Cutting board and knife
- Ruler (to measure particle size)



# Recipe, guidelines and presentation:

Meat: Drain liquid/gravy prior to cutting. Cut into ½ inch (1 cm) cubed pieces.

Starch: Remove skin from baked potato and plate.

<u>Vegetables</u>: Green beans must be minced using the food processor.

Once the products are cut and minced, plate and top with gravy or sauce.

Note: The photo above does not include gravy to better show the size of cubed meat.

# Check that the product meets the criteria for the diet:

Meat: Measure pieces against a ruler. Pieces must be ½ inch (1 cm) cubed.

<u>Vegetables</u>: Minced foods should have a particle size of *less than ¼ inch (1/2 cm) diameter* (use ruler to verify size). The particles should be uniform in size and in texture. The vegetables should be moist and cohesive, meaning the particles of food stick together to form bite-sized pieces that are easy to chew and swallow.

### Food safety:

### Before cutting/mincing:

Cook foods until the internal temperature reaches 165°F (74°C)

During and after cutting/mincing:

The internal temperature should be 140°F (60°C) or higher







### **Station 2: Preparing Minced Meat (meatloaf)**







## Equipment and ingredients:

- Food processor or meat grinder
- 3 oz (90 g) meatloaf one portion
- 2 Tbsp (30 mL) gravy
- Cutting board and knife
- Ruler (to measure particle size)





# Recipe, guidelines and presentation:

- Drain liquid from portions needed (remove excess liquid/gravy from meat before processing).
- Weigh or measure the number of portions required.
- Chop or dice meat before placing into the appropriate piece of equipment.
- If using a food processor, avoid over processing (do not puree food).
- Top with 2 Tbsp (30 mL) of gravy once the product has reached a minced consistency.

# Check that the product meets the criteria for the diet:

- Minced foods should have a particle size of *less than 1/4 inch (1/2 cm)* in diameter (use ruler to verify size).
- The particles should be uniform in size and in texture.
- Food should be moist and cohesive, meaning the particles of food stick together to form bite-sized pieces that are easy to chew and swallow (see above picture).

#### Food safety:

#### Before mincing:

Cook foods until the internal temperature reaches 165°F (74°C) <u>During and after mincing:</u>

The internal temperature should be 140°F (60°C) or higher







## **Station 3: Preparing Pureed Vegetables (green beans)**





Pureed green beans

<b>Equipment and</b>
ingredients:

- Food processor or blender
- Serving plate
- ½ cup (125 mL) cooked green beans (with cooking liquid separated)
- Margarine





## Recipe, guidelines and presentation:

- Drain cooked green beans. Set aside cooking liquid.
- Weigh or measure the number of portions required, adding 1 extra serving for every 10 servings being prepared (if making several servings).
- Cut beans into small pieces (if needed). Process with the appropriate piece of equipment until it is fine and smooth in texture.
- Scrape down sides and reprocess until smooth. Add cooking liquid, if needed, 1 Tbsp/15 mL at a time, to make puree smooth and moist.
- Plate and top with margarine.

# Check that the product meets the criteria for the diet:

• Food must be smooth with particles the same or smaller than cooked cream of wheat or applesauce.

### Food safety:

#### Before pureeing:

Cook beans until soft, and the internal temperature reaches 165°F (74°C)



The internal temperature should be 140°F (60°C) or higher

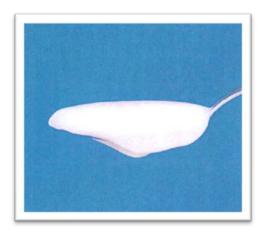






## Station 4: Preparing a Honey Thick Hot Beverage





Honey thick hot beverage on spoon

Equipment and ingredients	<ul> <li>Hand whisk</li> <li>Serving mug</li> <li>1 cup (250 mL) hot beverage (coffee, tea or hot water)</li> <li>Thickener amount according to recipe</li> </ul>
Recipe and guidelines	<ul> <li>Pour hot beverage in a serving mug.</li> <li>Add thickener to beverage and whisk until powder is completely dissolved and there are no lumps.</li> <li>Let stand for several minutes (it can take up to 15-20 minutes to thicken the beverage).</li> </ul>
Check that the product meets the criteria for the diet	Visual: test consistency of fluid on a spoon.  See picture above for accurate honey thick consistency.



