

## **NUTRITION, FOOD PREPARATION, SPECIAL DIETS TRAINER CHECKLIST**

1. Have the DSP read the unit.
2. Trainer will have the DSP complete the following activities:
  - “Reading a Food Label”
  - “Healthy Food Choices for Managing Weight”
  - “Food Safety Word match”
3. The DSP will take the test.
4. Trainer will review the test and answer any questions.
5. Trainer or an Individual who lives in the home will provide a “tour” of the kitchen to show the DSP the location, and if necessary, operation of appliances.
6. Trainer will review food storage requirements and the location of extra supplies.
7. Trainer will review menus, menu substitution list, and documentation requirements.
8. If Individuals require modified diets, Trainer will have DSP review modified diet information located at the end of this unit. Trainer may need to demonstrate how to use a food processor to achieve the texture and consistency requirements of the modified diet order.
9. If any modified or adaptive equipment is used the Trainer will demonstrate how to use the equipment and review any protocols for maintaining, cleaning, and storing the equipment.
10. Trainer will review the homes shopping protocol. Who can shop, where to shop, documentation requirements.
11. Trainer will review the location and storage requirements for household cleaning and sanitation products used in this residential setting.
12. The DSP will review each plan of service for type of diet required, any mealtimes protocols which must be followed, and if possible meet with each individual to find out about any personal preferences related to food preparation, meal times, and foods that are liked or disliked. (This will help the DSP answer question #20 on the test!)
13. Trainer should emphasize and remind the DSP that food and food preparation is an excellent tool to help to continue to build positive relationships with the individuals that live in the home. Individuals should be encouraged to assist with menu planning, preparing meals, grocery shopping, looking at cook books for new ideas, and assisting with setting the table or cleaning up after the meal.