

Lesson 2, Menus-The Foundation of the Department, Chapter 2, Quiz

- 1) What is the most important consideration in menu planning?
 - a. Client satisfaction
 - b. Cost
 - c. Nutrition
 - d. Diet Order
- 2) Hospital foodservice may use a selective menu for clients. It is important for these menus to:
 - a. Offer the same thing daily
 - b. Rotate for variety
 - c. Have many choices for entrees
 - d. Be distributed to the clients when they first enter the hospital
- 3) The best way for a Certified Dietary Manager to ensure clients follow their diet when selecting food for -meals is to:
 - a. Educate the client about their diet
 - b. Allow the client to choose what they want as it is their right
 - c. Train staff to remind clients of the diet they are on and to suggest the best option for them to choose
 - d. Send the client food that follows their diet even if they did not choose the food
- 4) What nutrition resource should be accessed for questions about Exchange Lists for Diabetes?
 - a. Centers for Medicare & Medicaid Services (CMS)
 - b. Recommended Dietary Allowances (RDAs)
 - c. ChooseMyPlate.gov
 - d. Academy of Nutrition and Dietetics
- 5) A menu for a small facility in the Midwest receives its menus from corporate headquarters located in -Georgia. What may the Certified Dietary Manager do to promote satisfaction with the menus?
 - a. Nothing, as policy states the menus cannot be changed
 - b. Serve the menu as written but offer favorite foods for the substitute
 - c. Use menus from the facility's primary supplier
 - d. Adapt the menus for the Midwest
- 6) Keeping a kosher kitchen assures which of the following?
 - a. The ability for clients to fast during the day for Ramadan
 - b. Keeping meat separate from dairy throughout the flow of food
 - c. Never serving beef
 - d. Only ordering fish with fins
- 7) If a facility is using a rethermalization method to heat meals, what would the Certified Dietary Manager consider when developing menus?

- a. Will the foodservice staff be able to heat the meals without difficulty?
 - b. Will nursing staff be able to heat the meals without difficulty?
 - c. Will the food be too hot when it reaches the clients?
 - d. Will the food on the menu be able to be reheated and still be the quality the clients expect?
- 8) Which of the following menus demonstrates a well-planned and attractive plate?
- a. Meat loaf, green beans, fresh fruit salad
 - b. Meat balls, green peas, scoop of mashed potatoes
 - c. Baked cod, cauliflower, Coleslaw
 - d. Baked chicken with a bechamel sauce, cheesy potatoes, creamed peas
- 9) An important reference to have when planning menus is:
- a. A nursing schedule to know when staff will be available to serve meals
 - b. Charts of standard weights and measures
 - c. MSDS information
 - d. List of equipment available to prepare meals
- 10) To keep a menu from becoming static, the Certified Dietary Manager could:
- a. Switch complete daily menus with another day
 - b. Prepare a special menu weekly
 - c. Add more dessert choices to meals
 - d. Change the menu according to the season
- 11) Which of the following menu items would be the best option if doing display cooking in the dining -room?
- a. Chicken stir fry
 - b. Flambéed dessert
 - c. Carving whole roast turkey
 - d. Oyster stew
- 12) What form of meal delivery system can help reduce the number of late trays?
- a. Buffet service
 - b. Restaurant style service
 - c. Room service
 - d. Trayline service
- 13) Honoring a client's request for food not on the menu can:
- a. Help to ensure adequate calorie intake
 - b. Guarantee no citations during a survey
 - c. Reduce the number of room trays
 - d. Reduce conflict between clients and staff
- 14) Managing menus soundly and realistically means that the substitution process should:
- a. Be viewed as a concern at every meal time
 - b. Allow only the substitutions that are listed

- c. Be part of the planned menu
- d. Be handled easily

15) A Certified Dietary Manager notices several items on the cafeteria buffet have not sold well when on the menu. What should the Certified Dietary Manager do?

- a. Serve the items again when they are on the menu to see if they sell
- b. Replace the items with items known to sell
- c. Take the items completely off the menu and do not replace them
- d. Confer with the administrator about the situation

16) Providing clients with a choice of foods at meal times:

- a. Gives the client some control over their care
- b. Makes meal times difficult for the foodservice department
- c. Keeps clients from complaining about food during meal time
- d. Allows the foodservice department to produce many different types of foods

17) Foodservice staff should communicate to clients when adjustments have been made to the menu the client has chosen. Training staff to do this well can:

- a. Help staff to learn therapeutic diets
- b. Reduce food waste
- c. Provide education for the client about their diet
- d. Save the dietitian time as the foodservice staff will be counseling clients