

NAME: \_\_\_\_\_

FSM Worksheet 6



## Putting it into Practice

1. What garnishes could be added to increase satisfaction with a pudding supplement?
2. Len has lost 5% of his body weight in 3 months. His diet order is No Added Salt. His doctor prescribed nutritional supplements TID. Do you agree with this order? Explain your answer.
3. Commercial supplements on your formulary cost **\$2 per serving**. The supplements are a part of your food cost. If you serve **30 supplements each day**, would it be a cost savings to make homemade supplements? Note: the homemade supplements have the same macronutrient profiles.
  - You have timed your head cook and it takes her 30 minutes to prepare and portion the supplements each day. She gets paid \$20 per hour.
  - The ingredient costs is \$17 for 30 servings.

| Item                  | Cost             | Price per serving | Monthly Cost (30 days) |
|-----------------------|------------------|-------------------|------------------------|
| Commercial Supplement | \$2/serving      | \$                |                        |
| Labor-30 minutes      | \$20/hour        | \$                |                        |
| Ingredients           | \$17/30 servings | \$                |                        |
| Labor + Ingredients   |                  | \$                |                        |

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4. Gather a taste panel of 4 people (staff, colleagues, clients, friends or family). Have them *sample* and *evaluate* 5 supplemental nutrition products. The products can be homemade (milkshake, mashed potatoes with milk powder, etc.) or commercial. Each product must have at least 150 calories per serving. Use at least 2 commercial products. After tasting the products yourself, choose the top 2 that you would offer to your clients.

| Product | <u>Overall Taste</u><br>1=terrible 5=excellent                                                                  | Caloric Value per serving | Comments |
|---------|-----------------------------------------------------------------------------------------------------------------|---------------------------|----------|
|         | 1 2 3 4 5 (you)<br>1 2 3 4 5 (taster 1)<br>1 2 3 4 5 (taster 2)<br>1 2 3 4 5 (taster 3)<br>1 2 3 4 5 (taster 4) |                           |          |
|         | 1 2 3 4 5 (you)<br>1 2 3 4 5 (taster 1)<br>1 2 3 4 5 (taster 2)<br>1 2 3 4 5 (taster 3)<br>1 2 3 4 5 (taster 4) |                           |          |
|         | 1 2 3 4 5 (you)<br>1 2 3 4 5 (taster 1)<br>1 2 3 4 5 (taster 2)<br>1 2 3 4 5 (taster 3)<br>1 2 3 4 5 (taster 4) |                           |          |
|         | 1 2 3 4 5 (you)<br>1 2 3 4 5 (taster 1)<br>1 2 3 4 5 (taster 2)<br>1 2 3 4 5 (taster 3)<br>1 2 3 4 5 (taster 4) |                           |          |
|         | 1 2 3 4 5 (you)<br>1 2 3 4 5 (taster 1)<br>1 2 3 4 5 (taster 2)<br>1 2 3 4 5 (taster 3)<br>1 2 3 4 5 (taster 4) |                           |          |