

COOKS ORIENTATION AND TRAINING LONG TERM CARE COMMUNITIES

TABLE OF CONTENTS

TOPIC	PAGE
INTRODUCTION	
Course Objectives	5
Importance of Nutrition for the Elderly	6
Regulatory Requirements	7
FOOD PREPARATION AND SERVICE	
House Diets	14
Sample Description of House Diets	15
Identification of Meals Served	20
Sample Menu	9
Alternates and Substitutes	10
Sample Meal Substitutes	12
Using the Menu	16
Resident Interview Form	8
MODIFIED DIETS	
Therapeutic Modifications	

INTRODUCTION



Welcome to the Dining Services Team

For many nursing home residents mealtime is the highlight of their day. A tasty, attractive meal they like, served at the proper temperature and at a consistent time each day that they like will be well accepted and contribute to their overall sense of satisfaction and well-being. On the other hand, a meal which is cold, late, unattractive, and unappetizing will make them feel angry, frustrated and helpless. They feel they lost control and they will not eat.

As a cook in the dietary department you're fortunate to be able to bring a great deal of pleasure to your resident's lives. With that, however, comes the responsibility to ensure that the meal service meets certain standards of temperature, timeliness, palatability and accuracy. Your pride in your work makes it possible for the dietary

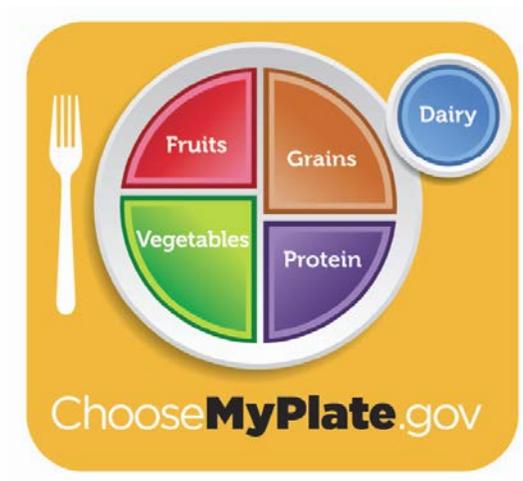
COURSE OBJECTIVES



This course is intended to provide basic training to cooks working in long-term care communities. At the end of the course the participants will be able to:

- State the importance of nutrition for the elderly
- Identify three federal regulations relating to providing quality meal service
- Name and define the house diets used in their community
- List the four general areas to monitor when evaluating the quality of a meal
- List three important sanitation practices

IMPORTANCE OF NUTRITION FOR THE ELDERLY



To help you understand the importance of your job as cook you need to understand the importance of nutrition for the elderly. Many elderly persons are at heightened risk for malnutrition because their interest in food diminishes as they get older.

These are just a few of the reasons for this for poor appetite.

- Chronic or long-term illness
- Acute illness, hospitalization
- Inability to prepare their own food
- Inability to manage utensils without spilling
- Loss of appetite

Using the Menu



This is how you use the menu

The menu includes the three meals and portions of each food item served for breakfast, lunch and dinner. You will need to review your menu to see the diets served. Be sure that you learn the diet names and rules for preparing and serving each. Before preparing the meal cooks need to review the diet census and make sure that enough food is prepared for all menu items in the correct quantity. Cooks also need to be familiar with the tray tickets used at mealtimes to identify residents, diet orders and food preferences.

COOKING

Required cooking temperatures

In order to be palatable and safe meats are always cooked to the required temperatures. Undercooked meats may make someone sick due to bacteria that is naturally in the animals. Be sure to follow the cooking temperatures not only so your food tastes good, but also to make it safe and sanitary for the residents. Always use a thermometer to measure the internal temperatures of meats before the cooking process is stopped. Continue cooking until the right temperature is reached. The following charts are a guideline line for cooking meats.

PROTEIN TYPE	USDA MINIMUM RECOMMENDED
Chicken, Turkey	
Whole, parts, stuffed or ground	165°F breast, 175°F thigh
Beef, Lamb	
Well	155°F
Well done, ground	160°F
Pork	
Well done, ground	160°F
Fish, Shellfish	
Broiled, baked or fried	145°F
Eggs	
Poached, boiled, scrambled or fried	145°F

Floor care

Sweep and mop the floors after each meal or more often if necessary.

- Use clean hot water floor cleaner with a germicidal agent to clean floors. Follow the manufacturer's instructions for the type of floor cleanser and amounts to mix.
- Use caution signs on wet floors.
- Mops must be rinsed and hung to air dry after each use.
- Mop heads must be changed daily.
- Never leave the dirty mop water in the mop bucket.
- Do not leave the mop inside the bucket. If the bucket is filled ahead of time to have it handy for spills during the day, the mop is kept hanging or in the elevated squeeze section.

