

Delivering Dynamic Dining Excellence - Answer Key

1. **False** – Mealtimes provide social engagement, structure, and a sense of routine in addition to nutrition.
2. **True** – Contrasting-colored plates help residents see their food more clearly, preventing confusion.
3. **True** – Finger foods like sandwiches, drinkable yogurts, and muffins help promote independence in eating.
4. **True** – Aromatherapy, such as the scent of baking bread, can stimulate appetite and enhance the dining experience.
5. **True** – Hydration stations with fruit-infused water encourage better fluid intake throughout the day.
6. **False** – Residents can be involved in meal preparation or setup, which can boost self-esteem and engagement.
7. **True** – The Boston University "red plate study" found that residents ate 25% more food when using red plates.
8. **True** – Weight loss or gain can indicate health concerns, so changes should be reported to nursing staff.
9. **False** – Hand-over-hand assistance is an important strategy for helping residents eat while maintaining dignity.
10. **True** – Thoughtfully planned dining can enhance quality of life, promote independence, and support well-being.