

## **Delivering Dynamic Dining Excellence - True/False Quiz**

### **Instructions:**

Read each statement carefully and determine whether it is True (T) or False (F).

1. Mealtimes in memory care communities should focus only on nutrition and not on social engagement or routines.
2. Providing contrasting-colored plates can help residents with dementia better distinguish their food.
3. Finger foods such as drinkable yogurts, sandwiches, and egg rolls can promote independence for some residents.
4. It is not necessary to review a resident's care plan when determining their dietary needs.
5. Staff should provide hand-over-hand assistance when needed to help residents eat safely.
6. Hydration stations with fruit-infused water can encourage residents to drink more fluids throughout the day.
7. Residents should never be involved in meal preparation or cleanup as it can be a safety risk.
8. Aromatherapy, such as using bread makers before mealtimes, can help stimulate appetite in residents.
9. Weight changes in residents should be monitored, and any concerns should be reported to nursing staff.
10. Research has shown that using red plates can increase food intake among individuals with dementia.