

Blended diet feeds theory assessment

1. What consistency should a blend be?

Correct answer:

Thick and smooth.

Smooth, single cream-like.

Coarse texture puree.

2. True or false? A pupil may start having blended diet feeds if they do not tolerate commercial feeds well.

Correct answer:

True

3. Can a parent or legal guardian alone decide to start their child on blended diet feeds?

Correct answer:

Yes- they can make this decision alone.

No- they must make this decision jointly with their child's dietician.

4. True or false? Any blends sent into school must have been trialed at home first, to help check whether the pupil is allergic to any of the ingredients.

Correct answer:

True

5. Do you need to check the blend label before administration, to ensure that it does not contain anything that the child has a known allergy to?

Correct answer:

Yes- this is best practice.

No- the blend has been made at home, so should not contain anything that the child has a known allergy to.

6. The temperature 'danger zone' for food is...

Correct answer:

80-100°C.

2-8°C.

8-60°C.

7. If being administered in school, a blend can have previously been frozen for a maximum of...

Correct answer:

1 month.

3 months.

6 months.

8. Once removed from the freezer, a blend can only be administered within...

Correct answer:

12 hours.

24 hours.

48 hours.

9. If being administered in school, freshly made blends (not frozen) can only be administered within...

Correct answer:

12 hours of being made.

24 hours of being made.

48 hours of being made.

10. Homemade blends must be labelled with... (Please select the 5 correct answers).

Correct answer:

The child's name.

The child's age.

The ingredients.

Whether it is a 'hot' or 'cold' blend.

The date and time the blend was made.

If the blend has been frozen, the date and time it was removed from the freezer and placed in the fridge.

11. If you are concerned that a blend is lumpy, you should...

Correct answer:

Liquidise the blend again, to try to break down the lumps.

Contact parent/s or legal guardian/s to request a new blend. Follow the action plan on the pupil's feeding plan.

Administer the blend very slowly, to reduce the likelihood of the lumps blocking the gastrostomy tube.

12. In school, homemade blends must be kept...

Correct answer:

in a cool, dry place.

in a fridge at 5°C or lower.

13. If a blend has previously been frozen, can it be given as a cold blend?

Correct answer:

Yes, if this is parent/ legal guardian preference.

No. Previously frozen blends must be reheated.

14. True or false? You can only reheat a blend once.

Correct answer:

True

15. When reheating a blend,...

Correct answer:

heat until it reaches 60°C, and then continue to cook for 8 seconds.

heat until it reaches 80°C, and then continue to cook for 5 seconds.

heat until it reaches 80°C, and then continue to cook for 6 seconds.

16. If you have reheated a blend, what temperature must you cool the blend down to before you administer it?

Correct answer:

80°C.

60°C.

37°C or lower.

17. Blends are administered using...

Correct answer:

the push syringe bolus technique.

a feed pump.

18. If a pupil is showing signs of not tolerating a blended feed, you must...

Correct answer:

Give half the prescribed volume of feed.

Pause the feed. If the sign/s settle resolve, you can continue administering the blend. If the sign/s do not quickly resolve, or happens again, stop administering the blend and inform the pupil's parent/ legal guardian immediately. They must then discuss this with the pupil's dietician.

Add water to the blend, to make it thinner and easier to administer.

19. Which of the following would be a cold blend?

Correct answer:

A spaghetti Bolognese

A previously frozen vegetarian curry

A tuna and cucumber sandwich

20. Which of the following must be a 'hot' blend? (Please select the 2 correct answers).

Correct answer:

Chicken salad.

Fresh fruit and yoghurt.

A previously frozen vegetarian curry.

Fish pie and vegetables.