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| 1. Use Diced Product | 2. Add Liquid | 3. Process |
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| 4. Season | 5. Take Temperature | 6. Test Texture |
| Spoon Tilt Test  | Fork Test  | Fork Pressure Test  |
| <p>Hold shape on spoon</p> <p>Not firm and sticky</p> <p>Little food left on spoon when tilted</p> | <p>Sample sits in a mound above the fork</p> <p>The mince lump size is 4mm which is the gap between the prongs of a standard dinner fork</p> | <p>Prongs of fork can make a clear pattern on the surface</p> <p>Food retains the indentation from the fork</p> <p>No lumps – must be a consistent minced & moist texture</p> |

1. Mince food in Food Processor with **ADDED LIQUID** according to standard recipe until **“DESIRED CONSISTENCY”**
2. **NEVER ADD WATER** - Use Broth, Juice, Sauce, Gravy, Milk
3. **TASTE ALL MINCED & MOIST FOODS BEFORE SERVING THEM** – Season “to taste” as needed with salt, pepper and butter. If the minced and moist food does not taste good the residents won’t eat it and this will put them at risk of losing weight, poor skin integrity and malnutrition.
4. The **“DESIRED CONSISTENCY”** is a consistent texture with the minced size being no more than 4mm which is the gap between the prongs of a standard dinner fork. It must have no lumps or be sticky. Liquid must not be separate from solid and the consistency must be minced but also moist and hold its shape on a spoon.