**Section 390.1890 Food Preparation and Service**

a) Food shall be prepared by appropriate methods that will conserve their nutritive value, enhance their flavor and appearance. They shall be prepared according to standardized recipes and a file of such recipes shall be available for the cook's use.

b) Foods shall be attractively served at the proper temperatures and in a form to meet individual needs. Foods shall not be mixed for feeding so that residents may develop individual tastes. All solids shall be spoon fed. (B)

c) All residents shall be served in a dining room or multipurpose room in an upright position unless contraindicated by resident's condition. All infants shall be held for each feeding. (B)

d) The method of feeding shall encourage, in each resident, the acquisition of developmentally sequential feeding skills. (B)

(Source: Amended at 13 Ill. Reg. 6301, effective April 17, 1989)