

## NUTRITION FOR THE ELDERLY ASSIGNMENT

Prepare a report and class presentation on nutrition for the elderly that includes four of the following:

1. Identify the special needs of this age group.
2. Report on the role of nutrition in the aging process.
3. Identify physical and emotional reasons why the elderly sometimes do not get adequate nutrition.
4. Report on ways this age group is being helped nutritionally in our community.
  - \* Visit or call the Aging Services Division of the county or state to find out what nutritional programs are available to the elderly in your area.
  - \* How do the elderly qualify for the programs?
  - \* How can the elderly or families of the elderly obtain the services?
5. Give suggestions for ways elderly people who are living independently can care for their nutritional needs.
6. Make arrangements to visit an elderly rest home or assisted living facility.
  - \* Observe their eating facilities.
  - \* Inquire how the home meets its patients' nutritional needs.
  - \* If possible obtain a daily or weekly food plan of the home's meals.
  - \* Evaluate their plan for RDA requirements for the elderly. Be prepared to discuss this.
7. Interview elderly citizens who live independently; one couple and one single person.
  - \* Find out their food habits.
  - \* Inquire where and when they eat.
  - \* Find out what special problems they may have getting adequate food.
  - \* Determine if they are receiving help from their families or any outside services.
  - \* Find out if they skip meals and why; if they use convenience foods, use snack foods, and if they eat out often.
6. Prepare visual aids, charts, posters, word strips, flip charts, etc. to use in your presentation about your food group.
8. Prepare a recipe from the elderly recipes. Identify what portion of the RDA it provides for one serving.