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| **Topic** | **No. Minutes** | **Activity** | **Materials** | **Learning Objective** |
| Intro & Expectations | 5 mins | Didactic | Flip Chart | N/A |
| Nutrients at Risk for Care Home residents |  | 4 x Workstations – Rotated in Groups |  |  |
| 10 mins | Fibre – Watch Video and complete Worksheet | Video on ConstipationPrint out of Fibre Worksheet |  |
| 10 mins | Protein and Energy – energy density versus nutrient densitySorting Game | Photo Cards (laminated) of Energy Dense and Nutrient dense FoodsHeadings Answer Sheet (Photo) |  |
| 10 mins | Fluid | Print out of Powerpoint Fluid SlidesPrint out of Fluid WorksheetVarious Sized cups / mugs / glassesMeasuring jugLarge Bottle WaterVitamin Enriched Squash DrinksHandout of Vit / Min content of fluids |  |
| 10 mins | Vitamins and Minerals | Handout of Vitamin Minerals at Risk and sourcesSpin the WheelMatching Cards |  |
| 10 mins  | Summary Discussion on info gained and interrelation between the workstations | BDA Ageing Well Leaflet – print out |  |
| Mealtime Assistance | 10 minutes | Demonstration of Mealtime Issues | SlingStrong glasses / Drunk GogglesTissue PaperFragranced OilLarge Spoon |  |
| 8 mins | Video | VideoProjector |  |
| ONS | 10 |  |  |  |
| Special Dietary Needs | 10 | Dementia Fingers foods Discussion | PowerPoint |  |
| 10 | Diabetes – Glycaemic Index | PowerPoint GI Leaflet |  |
| 8 | Weight Management - Portion Size and Energy density | PowerPoint |  |
| Assessment of Learning | 10 mins | Self-rating on scalePost It Notes on Poster Q’s | Lining paper marked in 1- 10 scalePost it NotesPoster Q’s | Outcome measures – Checking Learning and Confidence acquisition. |