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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 Constipation  Print out of Fibre Worksheet |  |
| 10 mins | Protein and Energy – energy density versus nutrient density  Sorting Game | Photo Cards (laminated) of Energy Dense and Nutrient dense Foods  Headings  Answer Sheet (Photo) |  |
| 10 mins | Fluid | Print out of Powerpoint Fluid Slides  Print out of Fluid Worksheet  Various Sized cups / mugs / glasses  Measuring jug  Large Bottle Water  Vitamin Enriched Squash Drinks  Handout of Vit / Min content of fluids |  |
| 10 mins | Vitamins and Minerals | Handout of Vitamin Minerals at Risk and sources  Spin the Wheel  Matching 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 | Sling  Strong glasses / Drunk Goggles  Tissue Paper  Fragranced Oil  Large Spoon |  |
| 8 mins | Video | Video  Projector |  |
| 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 scale  Post It Notes on Poster Q’s | Lining paper marked in 1- 10 scale  Post it Notes  Poster Q’s | Outcome measures – Checking Learning and Confidence acquisition. |