Integrating Gender and Nutrition within Agricultural Extension Services

Activity Sheet
August 2016

**Target Audience:**
Adults

**Time:**
60 minutes

**Materials Needed:**
- Cards of food that are high in particular nutrients and can be found in various food groups.
- Bowls (4-6 for the various groups)

**References:**


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**Nutrition for the Elderly**
Jeanette Andrade

**Introduction**
Proper nutrition during our “golden years” is necessary to maintain bone and joint strength, brain health, and reduce illness. The purpose of the “Nutrition for the Elderly” Activity Sheet is to encourage elders to eat nutritious foods on a daily basis.

**Objectives**
At the end of the session, the participants will be able to:
1. Recognize the nutrients that elders should be eating on a daily basis
2. Explain the importance of consuming these nutrients
3. Identify ways to eat well as one ages
4. Create meals that contain these nutrients

**Guide**
Use the information below to identify how to eat well while aging:
- Limit sweets (chocolate, candy, pastries)
- Use less salt when cooking
- Stay active – walk around the house and perform other activities that do not cause you to be out of breath

Use the below table to explain the different nutrients, the reason elders need to include these nutrients on a daily basis, and examples of foods that contain these nutrients.

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Importance</th>
<th>Examples of Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>Growth and development, provides energy and helps to repair parts of the body</td>
<td>Meat, fish, egg, milk, lentils, nuts, seeds</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>Makes extra blood to help the growth and development of the baby</td>
<td>Lentils, kidney beans, dark green leafy vegetables, oranges, lemons, limes</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>Eye sight and reduces illness</td>
<td>Liver, eggs, dark leafy greens, broccoli, pineapple, watermelon, fish, liver</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>Keeps blood and nerve cells healthy</td>
<td>Eggs, chicken, beef, fish</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Heals wounds, repairs and maintains bones and teeth</td>
<td>Citrus, bell peppers, dark leafy greens, papaya, mango, tomatoes</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>Helps builds bones, keeps you healthy</td>
<td>Egg yolks, fatty fish, cheese, fortified milk</td>
</tr>
<tr>
<td>Calcium</td>
<td>Build strong bones and teeth</td>
<td>Milk, cheese, yogurt</td>
</tr>
<tr>
<td>Iron</td>
<td>Red blood cells and reduces illness</td>
<td>Chickpeas, liver, fortified cereal, beans, lentils</td>
</tr>
<tr>
<td>Fluids</td>
<td>Keeps you hydrated</td>
<td>Water, juice, soup broth</td>
</tr>
</tbody>
</table>

Active Learning Exercise

1) Prompt and awareness.
   a. Ask participants to raise their hands if they know the nutrients they should be consuming as they age. For those who raised their hands, ask them to list these nutrients (~5 minutes)
   b. Explain to participants the nutrients to consume on a daily basis (objective 1). (~5 minutes)
   c. Ask participants to raise their hands if they know why these nutrients are important to consume. For those who raised their hands, ask them to indicate why these nutrients are important to consume (~5 minutes)
   d. Explain to participants the reasons to consume these nutrients on a daily basis (objective 2). (~5 minutes)
   e. Ask participants to raise their hands and explain how to eat well as they age (objective 3). (~5 minutes)
   f. On the board, write the various nutrients elders need to consume. Place pictures of foods high in those particular nutrients on the board (objective 4). (~5 minutes)

2) Group activity: Create meals that incorporate these nutrients. Participants will make meals that incorporates these nutrients through the various foods following instructions.
   a. Arrange groups of no more than 4 people and provide them with a bowl. Each group makes 1 meal. (~5 minutes)
   b. Using small pictures of food items, have each group create a meal that incorporates these nutrients through various food groups (objective 4). (~10 minutes)
   c. Elect one group member to discuss the meal they created. Ask them if they would eat these meals. If yes, why (they should explain the importance of consuming these nutrients). If no, then why not (maybe they will explain barriers to eating a variety of foods and nutrients on a daily basis). (~10 minutes)

3) Take home and conclusion. End the session with asking the participants to identify the nutrients they should be consuming as they age, the importance of consuming these nutrients, eating well as they age, and the foods that contain these nutrients (objectives 1-4). (~5 minutes)