

Integrating Gender and Nutrition within Agricultural Extension Services

Activity Sheet
August 2016

Nutrition for the Elderly

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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:

¹ Institute of Medicine (US) Food Forum. (2010). Providing Healthy and Safe Foods As We Age: Workshop Summary. Washington (DC): National Academies Press (US); 5, *Nutrition Concerns for Aging Populations*. Available at: www.ncbi.nlm.nih.gov/books/NBK51837/

² NIH Senior Health. *Eating Well as you get Older*. Retrieved from <http://nihseniorhealth.gov/eatingwellasyougetolder/benefitsofeatingwell/01.html> on Aug. 17, 2016



The carrot, a Vitamin A rich vegetable that helps maintain healthy eyes
<http://bit.ly/2dGQC49>

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

Guide¹⁻²

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.

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

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)



Nuts and seeds are rich in folic acid
<http://bit.ly/1mVIRB7>



Milk has high amounts of calcium, Vitamin D, and protein
<http://bit.ly/1Vnl7t0>



Mangos, high in Vitamin C, protect cells from free radical damage, speeding wound healing
<http://bit.ly/2atjBEh>