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In-Service Education SourceBook Series



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Your Role in Promoting Proper Nutrition

Jetta Fuzy, RN, MS



Your Role in Promoting Proper

NUTRITION

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NOTICE TO THE READER

Though the guidelines contained in this text are based on consultations with health care professionals, they should not be considered absolute recommendations. The instructor and readers should follow local, state and federal guidelines concerning occupational safety guidelines. These guidelines change and it is the reader's responsibility to be aware of these changes and of the policies and procedures of her or his health care facility/agency.

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In caring for someone in a facility or in the home, the nursing assistant or home health aide will find that maintaining proper nutrition is a very important aspect of the care plan. Frequently, it is the assistant who observes the nutritional level and has an opportunity to assist in this important area. Proper nutrition is vital to the health and recovery of all people regardless of their diagnoses. Hopefully, the students will also learn important aspects of nutrition to enrich their own nutritional habits.

Home health aides often have an expanded role in maintaining a client's nutritional status. Aides often do shopping, cooking, and assist in meal planning. Several learning objectives cover these tasks which are often not a part of a nursing assistant's job function.

The lesson plan is structured by learning objectives, teaching tips, and tools, including handouts, transparency masters, and some suggested forms. All lesson plans are referenced for your ease of use. As with any pre-planned lesson, you may pick and choose to use whatever suits your personal teaching style.

Limited permission is granted to photocopy the overheads, handouts, and forms for use at your site for the purpose of the in-service program. Photocopying other parts of this in-service, including the lesson plan or forms for actual client care, is expressly prohibited.

There is ample material in this Source-Book to teach several nutrition related programs. If you wish, the in-service may be separated into two classes, dividing the learning objectives 1-6 and 7-12 respectively. Every instructor has a unique style

of teaching, and it is our intention to offer enough variety of teaching and learning suggestions to meet the differences in teaching styles. Be as creative as you wish with the content we have developed.

The Federal government was so motivated toward proper nutrition for Americans, that in 1990 it revised its official U.S. Dietary Guidelines for consumers of two years of age or older. Therefore, as teachers and health care advocates, we can do our part by spreading the word and giving our students the very latest in nutritional information. In addition, we have included a section on safe food handling and storage. Health caregivers responsible for nutrition levels must also be aware of the safety implications involved in food preparation.

Enormous amounts of free literature and brochures are available from the government and private companies for the asking. We have borrowed from some of these, in particular the New Food Label Course, Food Guide Pyramid, and Dietary Guidelines for Americans, for your information. These are copyable and free for your presentation. We have also included references to make it easier for you to send away for additional information.

It is our intention that your students become informed and motivated as nutritional ambassadors to those in their care.

Happy Teaching!

Promoting Proper Nutrition: Your Role

Learning Objectives

Upon completion of this in-service, you will be able to:

1. Define nutrition, list essential nutrients, and recognize the Dietary Guidelines for Americans.
2. Identify the food guide pyramid and important factors affecting adequate nutrition.
3. Describe the four “Ps” of nutrition.
4. Describe seven commonly prescribed special diets.
5. List seven easy steps to proper nutrition.
6. Describe the importance of fluid intake in nutrition management.
7. Demonstrate the procedure and guidelines for measuring liquid intake and output.
8. List four observation guidelines to keep in mind for nutritional status.
9. Describe the physical signs of good and poor nutrition.
10. Demonstrate an understanding of the new food label.
11. Describe eight safe food handling practices.
12. Describe cold storage time limits for twelve common foods.

Introduction and Self Assessment

Estimated Time: 10 - 15 minutes

Tools: Handout Intro-1 Self Assessment (pg.30)
Handout Intro-2 Note-taking Worksheet (pg.31)
Handout Intro-3 Key Terms Word Search (pg.35)
Handout Intro-4 Word Search Answer Key (pg.36)

Learning Activity: **Discussion**

**Distribute
Handout Intro-1
Self Assessment**

Allow the students to complete the assessment, instructing that this is information for their personal use only.

When completed, open a discussion of the following questions:

- *How many of you feel comfortable with your present knowledge of nutrition?*
- *How might this affect your life and the wellness of those you care for?*
- *Are you happy with your nutritional intake?*
- *Would you like to change anything about your diet by learning more about nutrition?*
- *How likely are you to change your eating habits?*

Explain that this in-service presentation will offer information and tools to improve their health and to provide them with increased knowledge for their work.

**Distribute
Handout Intro-2
Note-taking Worksheet**

Tell participants to take notes during class to assist them in arranging and remembering the information presented for later use.

**Distribute
Handout Intro-3
Key Terms Word Search**

This word search is intended as a preview or a review of terms used in the in-service.

Define nutrition, list essential nutrients and recognize the Dietary Guidelines for Americans

Estimated Time: 15-30 minutes

Tools: Transparency 1-1 What is Nutrition? (pg.37)
Transparency 1-2 Process of Nutrition (pg.38)
Transparency 1-3 Six Essential Nutrients (pg.39)
Transparency 1-4 Dietary Guidelines for Americans (pg.40)
Handout 1-1 Process of Nutrition (pg.41)
Handout 1-2 Dietary Guidelines for Americans (pg.42)
Handout 1-3 Name that Nutrient or Guideline (pg.45)

Learning Activity: **Lecture and Discussion**

Display Ask the participants what they think nutrition means.

Transparency 1-1
What is Nutrition?

Definition - Nutrition includes the processes of eating, digesting, absorbing, using, and storing food and fluids for body growth, healing, and function.

Display
Transparency 1-2
Process of Nutrition

Briefly discuss the digestive system and where these processes occur:

Distribute
Handout 1-1
Process of Nutrition

- Eating - mouth
- Digestion - stomach and small intestines
- Absorption - small and large intestines
- Usage - blood and body cells
- Storage - liver and fat tissue

Display
Transparency 1-3
Six Essential Nutrients

Discuss each of the six essential nutrients for life:

- **Water** is approximately 60% of body weight and is in many foods. Humans need a minimum of 1.5 quarts per day.
- **Protein** is necessary for growth, healing and combating disease.
- **Carbohydrates** are essential for body energy and fiber.
- **Fats** provide energy, assist the use of vitamins, and conserve body heat.
- **Vitamins** - Each vitamin has a specific use, including growth, metabolism, absorption, blood function, and muscle function.
- **Minerals** - Each mineral has a specific use, including blood clotting, heart function, fluid balance, nerve function, and muscle contraction.