

Teaching Plan

To use this lesson for self-study, the learner should read the material, do the activity, and take the test. For group study, the leader may give each learner a copy of the learning guide and follow this teaching plan to conduct the lesson. Certificates may be copied for everyone who completes the lesson.

Learning objectives

A participant in this lesson will be able to:

- Relate the basic elements of good nutrition and why they are important
- Understand what makes up a balanced diet, including foods and portion sizes
- Be familiar with common special diets and how to prepare them
- Be able to state important factors in food safety and service

Activity

Introduction:

1. Ask your learners, “Have any of you ever been on a diet?” Encourage some to talk about the types of diets they have tried and the results they obtained.
2. Explain the content in the lesson overview and list the learning goals on a board if available.

Section 1: Basic elements of good nutrition

1. State: “You are what you eat.” Using the learning guide, deliver a mini-lecture on the three elements of good nutrition. Emphasize that water is the most important element in the body.
2. Ask different learners to use the learning guide and teach the group about one of the five nutrients.

NUTRITION: GUIDELINES FOR BALANCED MEALS AND SPECIAL DIETS

Section 2: The balanced diet

1. Use the picture of the USDA Food Pyramid to illustrate the content in the learning guide. Point to each food picture and ask the learners to tell you how many servings of each one are needed every day.
2. Explain that the sixth group, fats, oils, and sweets, contains fat that is necessary in limited amounts only. Too much fat can be harmful, and most Americans obtain sufficient quantities in the other foods we eat.
3. Emphasize that calorie needs vary by size, weight, age, and activity. A small female should use the smaller number of recommended servings.
4. Discuss the serving size examples listed in the learning guide. Point out that most fast food hamburgers contain at least 4 oz. of meat, so that a small person who needs only 2 two-ounce servings of meat per day will receive the entire allotment with one hamburger.
5. Emphasize that elderly people have the same needs for nutrients, water, and fiber but have a decreased sense of taste. Everything they eat should have good nutrient value.
6. If time allows, ask the learners to use the balanced diet and serving sizes to write a one-day meal plan using foods they like. Discuss.

Section 3: Special diets

1. Review the six types of special diets in the learning guide, and add others that you use.

Section 4: Food safety and serving tips

1. Discuss the content in food safety and serving tips and allow time for questions.

Conclusion

Have participants take the test. Review the answers together. Award certificates to those who answer at least seven (70%) of the test questions correctly.

NUTRITION: GUIDELINES FOR BALANCED MEALS AND SPECIAL DIETS

Test answers

1. a
2. a
3. c
4. a
5. b
6. d
7. c
8. b
9. d
10. c

Nutrition: Guidelines for Balanced Meals and Special Diets

Basic Elements of Good Nutrition

Everybody needs the right amount of nutrients. **Nutrients** are the elements of food used by the body for energy, maintenance, healing, and growth. They include:

- **Proteins** for growth of muscle and body tissue
 - Sources: meat, fish, eggs, milk, peas, beans, nuts
- **Carbohydrates** for energy
 - Sources: bread, grains, cereals, potatoes, peas, beans
- **Fats** for warmth, vitamin storage, and energy
 - Sources: meat, dairy products, vegetable oils, egg yolks
- **Vitamins** for healthy functioning of body systems
 - Sources: fruit, vegetables, meat, dairy products
- **Minerals** for growth, strength, healthy blood, bones, and body system functions
 - Sources: fruit, vegetables, meat, fish, dairy products, grains

Fiber

Fiber is important for digestion and waste elimination. Sources include cereals, grains, fruits, and vegetables.

Fluid Needs

Body weight = $\frac{2}{3}$ water

Daily need = 80 oz. fluid intake (8–10 glasses)

Fluid intake should equal fluid output

Too much water loss = Dehydration

Not enough water loss = Edema

Urine = 40% of fluid output

Evaporation = 60% of fluid output

The balanced diet

The USDA recommends to fill plates $\frac{1}{2}$ full of fruits and vegetables. The MyPlate icon is now used instead of the food pyramid.

Figure
25.1

MyPlate Icon



We all need balanced intake from six groups:

1. Breads, cereals, rice, pasta (6–11 servings)
2. Vegetables (3–5 servings)
3. Fruits (2–4 servings)
4. Meat, poultry, fish, beans, eggs, nuts (2–3 servings)
5. Milk, yogurt, cheese (2–3 servings)

AND

6. Limited intake of fats, oils, and sweets

Using a variety of different foods within these groups ensures balance and good nutrition.

NUTRITION: GUIDELINES FOR BALANCED MEALS AND SPECIAL DIETS

What's a serving?

- 1 serving of breads, cereals, rice, pasta (carbohydrates) = 1 slice bread or 1 tortilla, ½ cup cooked rice or pasta, 1 oz. dry cereal
- 1 serving of vegetables = 1 cup leafy vegetables (salad), 10 french fries, ½ cup cooked vegetables, ½ cup vegetable juice
- 1 serving of fruit = ½ cup canned, fresh, or frozen fruit, 1 medium (about the size of a baseball) apple, orange, or banana, ½ cup fruit juice
- 1 serving of protein meat, poultry, fish, beans, peanut butter, eggs (protein) = 2–3 oz. meat, poultry, fish, ½ cup dry beans or peas, 2 tablespoons peanut butter, 1 egg
- 1 serving of milk, yogurt, cheese = 1 cup milk, 8 oz. yogurt, 1.5 oz. cheddar cheese

Calories are the amount of energy in food. Calorie need varies by size, weight, age, and activity. Body metabolism slows as we age, so the elderly require fewer calories. However, the need for water, fiber, and all nutrients remains the same in older people—so eating healthy food is more important!

Special Diets

Many people have special dietary needs because of illness, surgery, or ongoing conditions. Be sure you know the type of diet every patient is supposed to be eating. Mistakes on special diets can have serious results and cause many problems for the patient.

Low salt

Low salt diets, also referred to as restricted sodium or low NA (the chemical abbreviation for salt or sodium). Many people with heart or kidney disease or high blood pressure must eat this way.

Guidelines:

- Little or no salt is used in preparing food
- No salt should be added by the patient
- Salty snacks are not allowed (potato chips, pretzels)
- Condiments that contain salt may be prohibited (ketchup, mustard, margarine)

Low fat (also low cholesterol)

Low-fat diets are often recommended for people with heart disease or obesity.

Guidelines:

- Eat low-fat foods like chicken, vegetables, fruits, pasta, and cereal
- Do not eat fatty foods like ice cream, egg yolks, bacon, and sausage (or eat in very small amounts rarely)

Soft

This diet helps people who have difficulty chewing or suffer from certain kinds of stomach trouble. Eat cooked vegetables, ground meat, fish, and pureed foods.

Diabetic

It is important for people with diabetes to eat the right foods, whether or not they are taking insulin or other medicine to control their diabetes. A diabetic patient should have a diet plan designed especially for him or her by a doctor or nutritionist. It will specify certain amounts of carbohydrates, proteins, and fats.

High protein

A patient who has just had surgery or who has a wound often needs high protein to speed healing. To get protein, eat lots of meat, fish, eggs, beans, peas, and dairy products

Liquid diets

Full liquid includes all liquids, such as strained soups, milk, and ice cream. Clear liquid includes only liquids you can see through, such as water, tea, apple juice, clear broth, and black coffee (no cream or milk)

Taste tip: Elderly people have a decreased sense of taste and often their stomachs can't handle spicy foods. Fresh, tasty foods with creative seasoning will help them get the nutrients they need.

Serving Tips

If a patient has impaired vision, identify the foods on his plate by using the clock face: “Your pork chop is at 3 o’clock, your mashed potatoes are at 6 o’clock, and your pudding is in a separate dish above the plate at 12 o’clock.”

When feeding a patient, identify the foods and ask the patient what food he wants next. Offer seasonings if allowed. Offer liquids often, using a different straw for each liquid. Allow hot liquids to cool. Offer one bite at a time, using a spoon two-thirds full. Serve hot foods hot and cold foods cold!

Food Safety

To avoid food poisoning:

- Never undercook meat—cook until meat temperature is 165 degrees to kill the bacteria
- Refrigerated foods must be kept below 45 degrees
- Thaw frozen foods quickly and cook them before they reach room temperature
- Foods that will spoil at room temperature should be prepared last
- Keep fresh foods separate from each other and use different surfaces and utensils when preparing each one
- Cover unserved portions to prevent contamination
- Cool leftovers quickly, refrigerate in small containers

TEST

Nutrition

Name _____ Date _____ Score _____

Directions: Circle the best answer.

1. What do proteins do?

- a. Build muscle
- b. Nothing
- c. Build fat
- d. Provide an alkaline environment in the stomach

2. What are nutrients?

- a. The elements of food used by the body for energy, maintenance, healing, and growth
- b. The part of food that passes through the entire body
- c. People who provide nutritional advice
- d. None of the above

3. Which of the following stores vitamins?

- a. Protein
- b. Minerals
- c. Fats
- d. All of the above

4. What would be a serving of bread?

- a. 1 slice
- b. 2 slices
- c. A loaf
- d. 4 slices

5. Those on a low-salt diet should not be able to snack on _____.

- a. strawberries
- b. potato chips
- c. hard boiled eggs
- d. carrots

TEST

Nutrition (cont.)

6. Low-fat foods include _____.

- a. whole milk
- b. cheese
- c. bacon
- d. fruit

7. Someone with diabetes _____.

- a. cannot eat sugar
- b. should limit their fluid intake
- c. usually has a plan that needs to be followed and includes a specified amount of fats, proteins, and carbohydrates
- d. needs soft foods

8. A high-protein diet is sometimes recommended to _____.

- a. lose weight
- b. speed up healing
- c. help with heartburn
- d. lower blood pressure

9. A clear liquid diet can include _____.

- a. ice cream
- b. strained soup
- c. cookies
- d. tea

10. Which of the following actions follows food safety guidelines?

- a. After making a large beef stew, leave it on the stove to cool, and then put it in the refrigerator in the large pot you cooked it in.
- b. Leave your refrigerator at 57 degrees.
- c. Cover leftovers and put them in small containers, then put them in the fridge to cool them quickly.
- d. First, take out the ground beef from the refrigerator. Then, chop all your vegetables and other ingredients before you add the beef to the pan last.