



Transforming
Lives

AFH Administrator Training

Module 6d: Setting Up Your Home Nutrition and Activities

Adult Family Home Administrator Manual, Version 5.2



Agenda

- Nutrition
- Dehydration - Aspiration
- Food Pyramids and Guide
- Reading a Food Label
- Food Safety
- Social and Recreational Activities



Learning Objective

At the end of this module, you will be able to...

- Discuss how to develop menus with the input from your residents
- Learn about Food Safety
- Explain the signs and dangers of dehydration
- Share different activities that are based on resident's desire and abilities

What Do You Know?

- List one thing to take into consideration when planning a menu
- **True or False** - A physician's order may include specific food consistency requirements
- Name an activity for a resident that has dementia

Nutrition and Food Services



- Vital role in their well being
- Responsible for monitoring intake
- Adapt to needs
- Food access

Food Services

- Sufficient food – 3 meals a day and snacks
- Meal planning
- Physician approval for modified diets, concentrates, supplements

Weight Loss



Unintended weight loss

- Speech or swallowing evaluation
- Medical/Health conditions
- Dietary restriction
- Social factors
- Functional disabilities

Dehydration

- Not drinking enough or needing assistance to drink
- Dark Urine
- Increased falls or infections
- Skin is dry and scaly
- Dry mouth/cracked lips

Physician's Order



- Crucial that you follow specific food consistency requirements
- Swallowing evaluation
- Document in NCP

Aspiration

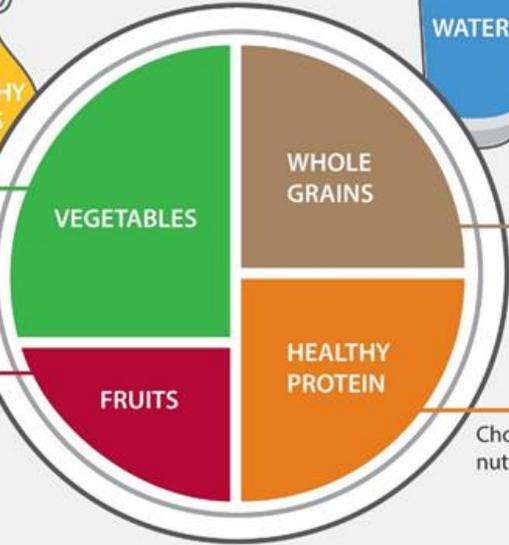
- Food/liquids are inhaled into the lungs
- Medical conditions that may contribute to risk
- Symptoms – Some have none
- Prevention
- Get medical attention if you think they have aspirated

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Eat plenty of fruits of all colors.

STAY ACTIVE!

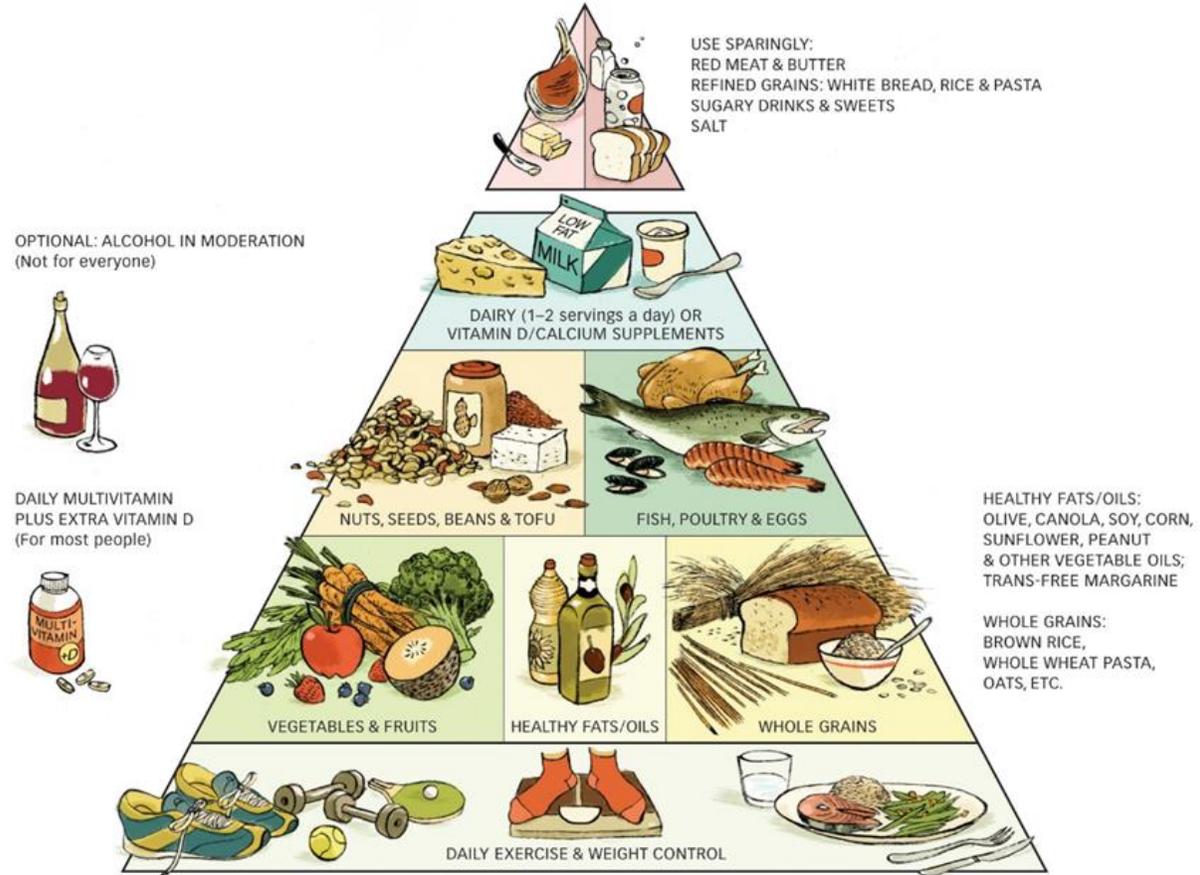
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Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



Reading The New Food Label

- Serving Size
- Servings per Container
- Calories
- Nutrients
- % Daily Value

1. Serving Information

2. Calories

3. Nutrients

4. Quick Guide to percent Daily Value (%DV)

- 5% or less is low
- 20% or more is high

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
	<small>% Daily Value*</small>
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

As a general guide:	 5% DV or less of a nutrient per serving is considered low	 20% DV or more of a nutrient per serving is considered high
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The New Nutrition Facts label is trending in stores everywhere

Play now!



Understanding Percent Daily Value on the new Nutrition Facts label

Play now!



Know your serving sizes on the new Nutrition Facts label

Play now!



Activity

Work in teams to develop two dinner plans and discuss refusal strategies



Food Safety

1. Clean
2. Separate
3. Cook
4. Chill

Food Safety at Home



1. Clean

Always wash your food, hands, counters, and cooking tools.

- Wash hands in warm soapy water for at least 20 seconds. Do this before and after touching food.
- Wash your cutting boards, dishes, forks, spoons, knives, and counter tops with hot soapy water. Do this after working with each food item.
- Rinse fruits and veggies.
- **Do not** wash meat, poultry, fish, or eggs. If water splashes from the sink in the process of washing, it can spread bacteria.
- Clean the lids on canned goods before opening.



2. Separate (Keep Apart)

Keep raw foods to themselves. Germs can spread from one food to another.

- Keep raw meat, poultry, seafood, and eggs away from other foods. Do this in your shopping cart, bags, and fridge.
- Do not reuse marinades used on raw foods unless you bring them to a boil first.
- Use a special cutting board or plate for raw foods only.



3. Cook

Foods need to get hot and stay hot. Heat kills germs.

- Cook to safe temperatures:
 - Beef, Pork, Lamb 145 °F
 - Fish 145 °F
 - Ground Beef, Pork, Lamb 160 °F
 - Turkey, Chicken, Duck 165 °F
- Use a food thermometer to make sure that food is done. You can't always tell by looking.



4. Chill

Put food in the fridge right away.

- 2-Hour Rule: Put foods in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if it is 90 degrees or hotter outside.
- Never thaw food by simply taking it out of the fridge. Thaw food:
 - In the fridge
 - Under cold water
 - In the microwave
- Marinate foods in the fridge.



Social and Recreational Activities

- Based on physical and cognitive abilities
- Help retain/regain abilities
- Person-centered
- Activity Calendar





ACTIVITY: Develop an Activity Plan

Break into groups of two and develop an activity plan for a week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						
9:30 Sit-excise	9:00 Range of Motion 10:30 Manicure	9:30 Sit-excise 11:30 Beautician	9:00 Range of Motion 10:00 Current Events	9:30 Sit-excise	10:30 Plants	
Afternoon						
1:00 Health check and vitals	2:00 Bingo	2:00 Word game	2:00 Baking	2:30 Arts and Crafts	2:00 Live Music	

Summary Review

In this module, you learned...

- How to develop menus with the input from your residents
- About healthy eating and food safety
- The signs and dangers of dehydration
- Different activities that are based on resident's desire and abilities

Test Your Knowledge

True or False

1. You must provide each resident with a nourishing, appetizing, and well-balanced diet that meets their daily nutritional and special dietary needs.
2. Activities can help residents retrain their physical and mental capabilities.
3. Residents should “Eat the Rainbow”.





Get Ready For Your Next Class

- Read assigned modules
- Study for Quiz # 2
(Modules 4, 5, 6, 6a, 6b, 6c)