

8C AL/336/5/13

B.Sc. IN NURSING STUDIES
ACTIVITIES OF DAILY LIVING

Eating and Drinking

Questions

What social, emotional, cultural and physical factors influence how and what we eat?

What are the limitations to an adequate diet?

Which groups are particularly at risk of inadequate nutrition or hydration?

How does diet affect health?

Are there fashions in food?

Activities

1. Keep a detailed record of your dietary and fluid intake for a week.
2. Cost out a week's menu providing all the main nutritional factors for an elderly British woman.
3. Discuss with patients any changes in dietary habits which have occurred since their admission to hospital.
4. Feed a colleague.

References

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