**Assignments, Chapter 24, Basic Nutrition**

| Written Assignment | Learning Objective(s) |
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| Assignment #1. Complete Chapter 24 of *Lippincott Workbook for Nursing Assistants.* | 1–10 |

| Group Assignments | Learning Objective(s) |
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| Assignment #1. Divide into groups. Each group will plan a balanced meal. Bring in the labels from packaged food or canned goods or copy the labels. Each group will explain to the class why its meal is balanced. | 3 |
| Assignment #2. Divide into groups. Each group will receive a handout describing a disease or condition. Discuss meal planning for a patient with that disease or condition. Present the key points of your discussion to the entire class. | 5 |
| Assignment #3. Divide into pairs to practice the procedure of feeding a patient using the procedure check-off list in Chapter 24 in *Lippincott Workbook for Nursing Assistants.* One person will be a dependent resident, the other a nursing assistant. Disabilities will be assigned to the residents (blindfold, vision-impairing glasses, no use of dominant hand, no use of either hand, dementia, dysphagia). Those who are nursing assistants set up the residents’ meal trays and assist the persons as necessary. Once completed, switch places. Afterward, discuss the activity, emphasizing how you felt about not being able to eat normally, and how you felt about feeding an adult. | 6 |
| Assignment #4. Prepare and bring a special dish to share with the class (perhaps a food particular to a specific ethnic, cultural, or religious group). List the ingredients used to prepare the dish, the food groups represented, and the nutrients available. Sample the dishes and describe your favorites. Explain the characteristics of the foods that you selected as favorites. | 2–4 |

| Clinical Assignments | Learning Objective(s) |
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| Assignment #1. Watch Module 9 of *Lippincott Video Series for Nursing Assistants,* which reviews the procedures for setting up a meal tray, feeding a dependent person, using assistive devices to help people eat independently, and measuring intake. Also reviewed is the role the nursing assistant plays in making meal time pleasant for the patient or resident. | 1–10 |
| Assignment #2. The dietitian at your clinical site will visit the class and present a brief overview of nutrition and diet and will explain how special dietary needs are addressed in the health care setting. | 2, 3, 4 |
| Assignment #3. In the lab, the instructor has set up several stations with various containers of liquids that might be consumed by a resident or patient on a meal tray. Each container will hold an amount of fluid that the person did not consume. Calculate the total amount of fluid consumed by the person and record it accurately. | 10 |
| Assignment #4. In your clinical site, prepare residents for meal time, set up trays, and assist with feeding dependent persons. Record solid and liquid intake according to the facility’s policy and procedure. | 6, 10 |

| Web Assignment | Learning Objective(s) |
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| Assignment #1. Research cultural and religious dietary guidelines and conduct an oral report of your findings. | 4, 5 |