

Kalyn Eden

May 3, 2009

NFSC 360

Observations

Infant Name: Aubrey Paige Daily

Age of Infant: 21 months

It was hard to tell what Aubrey actually ate because a lot of it was smashed and moved around her tray, although overall she did a good job at eating the majority of what she was given. She was offered around $\frac{3}{4}$ cup carrots, $\frac{1}{2}$ cup of a chicken and rice dish, 2 strawberries, $\frac{1}{2}$ of an avocado, and 1 cup of water to drink. Comparing her intake to DRI's recommended for 1-3 year olds this meal fits well into the percentages she needs. As far as calories it only provides about $\frac{1}{5}$ th of her total caloric needs for the day which is low, especially since dinner is probably her biggest meal. As far as carbohydrates, protein, and water goes she is right on track and these all meet around $\frac{1}{3}$ of her DRI's. The only nutrient that seemed out of place was vitamin A. The RDA is 300 micrograms yet Aubrey had 6167.03 micrograms in just dinner. Most of this vitamin A was from the carrots. For fiber Aubrey consumed 8.18 mg in that meal and her RDA is 19 mg. Calcium intake was relatively low only getting 43.72 mg while her RDA is 500 mg, but I know that she drinks milk every morning and after dinner so most of her consumption wasn't included in this meal. Overall her percentages matched up well with the RDA's for her age group.

Aubrey was fed sitting in a highchair. She sat up pretty straight and was never slipping down or hunched over.

I think the foods that were given were age appropriate for a 21 month old. I would recommend increasing the amount of fruits of vegetables that were actually consumed not just offered. I feel like this is a hard age to make them eat certain things

but it is also very important that they get enough of certain vitamins and antioxidants and learn to like the food. Maybe if only vegetables were offered at the beginning of the feeding when she was really hungry she would eat more of them and place other food items on after a few minutes. Although there were plenty on her plate I would have liked to see her actually eat more of them.

I was very impressed with her overall eating skills. She used her spoon very frequently to eat, around half the time she used it compared to her hands. She also drank out of her sippy cup and had good control over sucking on it and where she placed it. She chewed up foods very consistently, even when she would shovel way too much into her mouth. She was definitely aware of exactly what she was eating and would pick through the food on her tray to find what she wanted. I thought it was funny that she always had to have your attention even when she was eating. If nobody was paying attention to her she would start talking or try to do something silly until we all looked at her and gave her attention. Several times she put her arms in the air like she was done but when her mom would say “all done?” and go to get her she would start eating again.

The time I was there I could tell that dinner was a good bonding experience between Aubrey and her mother. They had several little games that went on and a lot of talking and conversing. Overall Aubrey seemed very happy and it seemed that she enjoyed eating. Throughout the meal she kept wanting things off her mom’s plate even though she had the exact same thing on hers, I guess it tasted better coming from her mom.

It was hard to tell if there were any behavior problems since she was in her highchair eating the whole time. I did notice her whining if she wanted something off of

her mom's plate, and if she did whine enough she got it. I think this isn't necessarily a behavior problem but just something that just comes with the age.

I think this was a learning experience for Aubrey. Not only was she watching how her mom ate, but throughout the dinner her mom would count how many bites she was taking and Aubrey would point to all the foods and her mom would tell her what it was called and then she would try to say it. She not only was pointing to all the foods but to different things around the kitchen and her mom would tell her what it was called.

Name of Senior: Illamay Goodwin

Age of Senior: 97 years old

Place of Observation: Lassen House (assisted living)

I went and visited my Nana for this part of the project and since I haven't got to see her in a long time it was a good reason to go. I went at lunch time and got to view her and others go about their daily routine. For lunch my Nana had a cup of coffee, ½ of a tuna sandwich, ½ cup green beans, ½ cup chicken noodle soup, and for dessert chocolate pudding. Her DRI's were pretty good for this only being 1/3 of what she will consume. Just in this meal she got 103% of her total protein need for the day which was a surprise and she also got over 100% of her vitamin A. All of the other nutrients were right around the 30% mark where they should be. The only nutrients that are of some concern are vitamin E since it is only 5% and sodium because she consumed 89% with just that meal which is high. The only other vitamin is D and she will get enough of that as long as she spends a little time out in the sun each day.

With my Nana's program all the meals are just included with her living costs. She just has one monthly payment that includes her housing, nurses 24/7, and food. This is not cheap and is around \$1300 a month. Her meal did seem nutrient dense though and when I asked her she said they always serve "healthy foods" besides the cookies and other snacks they hand out twice a day.

I think that there was some nutrition education on this day because my nana was telling some of her friends that I was a nutrition major therefore we all started discussing nutrition and talking about their meals. However on average days I'm not sure how much they really learn about in regards to the nutrition value of their meals.

Overall my Nana is a very good eater. She doesn't snack at all but almost always eats all of her main meals. I noticed that she ate better than some of the other seniors that were there by finishing all of her vegetables first and then eating the other stuff. It is always funny because when she goes to my grandma's she always complains about the food she gets, yet to me and to my family when we go to visit her she always seems to eat it all and enjoy it! I think a big influence is just how she is feeling. When she isn't feeling well nothing sounds good to her. I also think that she cares what is good for her, she is 97 and still doing really well so that right there proves that she has eaten well her whole life. I think another reason why she might sometimes complain about the food is because she doesn't have a lot going on, so her and her friends over analyze the food because it gives them something to do. I think that they also like things that are easy to eat, for example soup over a steak.

This kind of program is extremely important for the community. It gives seniors a nice place to live with the help they need. It also still gives them some independence and offers a small community of activities, social gatherings, eating, and living so that their families feel good about where they are without them stressing about them living alone, or finding a family or friend to live with.

I have very few suggestions for improvement for this assisted living community. Overall they offered a very nutritious meal to all the seniors, still with a treat for desert. I think an important part for them is to keep changing up their meals since this is the only thing the seniors eat, day after day. This will keep them all eating well and not getting bored with the same items.