

A SIP OF MDTEA EPISODE 2.08



Nutrition

INGREDIENTS

1. Recognise hunger and remember it
2. Working multi-sensory processes: smells, sight
3. See and identify food on plate
4. Dexterity to use cutlery & lift food to mouth
5. Intact Executive function
6. Salivation, dentition & chewing intact
7. Able to coordinate swallowing safely
8. Taste and enjoy social and emotional experience of food
9. Ability of body to digest & absorb nutrients
10. Access to food: mobility, financial, others choosing meals
11. Must be adequate to meet energy needs to maintain good health
12. Malnutrition leads to impaired immunity and physical function



The MDTea podcast provides Education on Ageing for all healthcare professionals working with older adults

Twitter: @MDTea_podcast

Facebook.com/MDTeapodcast

Visit www.thehearingaidpodcasts.org.uk for more information, show notes, to listen on the web and to sign up to our mailing list