

Master the Clinical Practice Skills:

Chapter 10: Nutrition and Work Plans

10/10/2024

Activity 10: Managing Nutrition Plans

Using the information you've learned, create a plan and complete all components of a nutrition plan for a patient. Keep all components of the nutrition plan for the patient. Then answer the questions that follow.

Question	Answer	Grade
1. What is the patient's name?	John Doe	100%
2. What is the patient's age?	65	100%
3. What is the patient's gender?	Male	100%
4. What is the patient's height?	5'10"	100%
5. What is the patient's weight?	180 lbs	100%
6. What is the patient's BMI?	25.5	100%
7. What is the patient's medical history?	Diabetes, Hypertension	100%
8. What is the patient's current diet?	High-carbohydrate diet	100%
9. What is the patient's current activity level?	Sedentary	100%
10. What is the patient's current health status?	Stable	100%
11. What is the patient's current blood sugar level?	100 mg/dL	100%
12. What is the patient's current blood pressure?	120/80 mmHg	100%
13. What is the patient's current cholesterol level?	200 mg/dL	100%
14. What is the patient's current hemoglobin A1c level?	6.5%	100%
15. What is the patient's current kidney function?	Normal	100%
16. What is the patient's current liver function?	Normal	100%
17. What is the patient's current thyroid function?	Normal	100%
18. What is the patient's current iron level?	Normal	100%
19. What is the patient's current calcium level?	Normal	100%
20. What is the patient's current potassium level?	Normal	100%
21. What is the patient's current sodium level?	Normal	100%
22. What is the patient's current magnesium level?	Normal	100%
23. What is the patient's current zinc level?	Normal	100%
24. What is the patient's current vitamin D level?	Normal	100%
25. What is the patient's current vitamin B12 level?	Normal	100%
26. What is the patient's current vitamin C level?	Normal	100%
27. What is the patient's current vitamin E level?	Normal	100%
28. What is the patient's current vitamin K level?	Normal	100%
29. What is the patient's current iron level?	Normal	100%
30. What is the patient's current calcium level?	Normal	100%
31. What is the patient's current potassium level?	Normal	100%
32. What is the patient's current sodium level?	Normal	100%
33. What is the patient's current magnesium level?	Normal	100%
34. What is the patient's current zinc level?	Normal	100%
35. What is the patient's current vitamin D level?	Normal	100%
36. What is the patient's current vitamin B12 level?	Normal	100%
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39. What is the patient's current vitamin K level?	Normal	100%
40. What is the patient's current iron level?	Normal	100%
41. What is the patient's current calcium level?	Normal	100%
42. What is the patient's current potassium level?	Normal	100%
43. What is the patient's current sodium level?	Normal	100%
44. What is the patient's current magnesium level?	Normal	100%
45. What is the patient's current zinc level?	Normal	100%
46. What is the patient's current vitamin D level?	Normal	100%
47. What is the patient's current vitamin B12 level?	Normal	100%
48. What is the patient's current vitamin C level?	Normal	100%
49. What is the patient's current vitamin E level?	Normal	100%
50. What is the patient's current vitamin K level?	Normal	100%

Guide To Good Food Chapter Activity B

Thomas Griffiths



Guide To Good Food Chapter Activity B:

Personal Support Workers Marilyn McGreer, Pamela J. Carter, 2010-10-27 Description to come *Guide to Literature of Home and Family Life* Annie Robertson Dyer, 1924 **Harcourt Science: Teacher's ed., life science units A and B**, 2005 **Guide to Literature of Home and Family Life** Annie Isabel Robertson, 1924 *Guide to Regulation of Food Ingredients and Food Packaging Materials* Olsson, Frank, and Weeda, P.C., 2002 Ate Wh Holt Rinehart & Winston, 2000 **Aleph Zakik Adelph of the B'nai B'rith**, 1941 Guide to Good Food Velda L. Largen, Deborah L. Bence, 2000-07

Students and teachers in foods and nutrition classes give *Guide to Good Food* high ratings for its readability and visual appeal. This revised edition features over 90 new illustrations and an increased emphasis on technology, food safety, and cultural influence on food choices. The text covers all the topics you need to help students learn about food management and preparation. It begins with basic measurements, abbreviations, and recipe terms and leads to more advanced skills and concepts. It presents information on selecting, storing, preparing, and serving foods while preserving their nutrients, flavors, textures, and colors. An extensive *Foods of the World* section introduces students to the culture and cuisine of over 30 countries, featuring a new section on Canada and tabbed pages for ease of locating. Career descriptions at the beginning of each chapter emphasize employment opportunities in the food industry. Case studies help students recognize their need for SCANS foundation skills and competencies. Recipes include step-by-step directions and nutritional analysis. Food composition tables help students evaluate their food choices. Objectives, Vocabulary, Terms, Chapter Summaries, Review Questions, Basic Skills, Activities, and Thinking Skills Activities help students retain information.

Nutrition Essentials and Diet Therapy Nancy J. Peckenpaugh, Charlotte M. Poleman, 1999. This popular resource delivers a balanced diet of nutrition information, providing all the knowledge you need on nutrients, nutrition in wellness, and diet therapy. It presents a concise overview of the basic nutrients with just the right amount of biochemistry. And it offers you insights into the issues encountered in practice, such as nutrition support, sports nutrition, and nutrition for clients with disabilities.

World History, 2000 **Harcourt Science**, 2000 **Therapeutic, Probiotic, and Unconventional Foods** Alexandru Mihai Grumezescu, Alina Maria Holban, 2018-04-18. *Therapeutic, Probiotic, and Unconventional Foods* compiles the most recent interesting and innovative research on unconventional and therapeutic foods, highlighting their role in improving health and life quality, their implications on safety, and their industrial and economic impact. The book focuses on probiotic foods, addressing the benefits and challenges associated with probiotic and prebiotic use. It then explores the most recently investigated and well-recognized nutraceutical and medicinal foods and the food products and ingredients that have both an impact on human health and a potential therapeutic effect. The third and final section explores unconventional foods and discusses intriguing and debated foods and food sources. While research has been conducted on the beneficial biological effects of probiotics and therapeutic food, the use of these foods remains controversial. To overcome the suspicion of the use of alternative

homeopathic and traditional products as therapy this book reveals and discusses the most recent and scientifically sound and confirmed aspects of the research Compiles the most recent interesting and innovative research on unconventional and therapeutic foods Highlights the role of unconventional and therapeutic foods in improving health and life quality Discusses the implications of unconventional and therapeutic foods on safety Presents the industrial and economic impact of unconventional and therapeutic foods School Library Journal ,2008 **Food Production Management** ,1990 Study Guide to Accompany Whitney, Hamilton Understanding Nutrition, Third Edition Lorraine E. Bailey,Eleanor Noss Whitney,1984 Special or highlighted themes are included under most of the topic areas e g sugar addiction under the topic of overweight and underweight world hunger under the topic of fat soluble vitamins This study guide is aimed at improving the student s understanding of nutritional concepts and their impacts on health **The Rough Guide** , *The Epworth Herald* ,1891 **Sentence Structure** Thomas Sheehan,1996-12 **Canadian Medical Association Journal** Canadian Medical Association,1925 Pharmaceutical Journal; ,1895

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