Module K
Nutrition and the Life Span
Adulthood and the Later Years

General Module Learning Objectives:

After completing this Module the student should be able to:

- List the specific nutrient needs of adult life, and the later years
- Develop a care plan for the elderly with dietary issues

Student Assignments

1. Reading Assignment
   - Chapter 16 – Life Cycle Nutrition: Adulthood and the Later Years (560-582)

Students are encouraged to write the answers to each of the study questions listed below in the “Specific Learning Outcomes.” Reading and writing the answers provides directed, in-depth study in order to learn the assignment material.

2. Complete and submit Clinical Application 3 – Working with a Client
3. Take Multiple Choice Quiz on chapter 16
   The quiz on this chapter is available for 8 days – Monday through Monday of this Module week.

Specific Learning Outcomes:

After completing this reading and personal study you should be able to:

Chapter 16

1. List the lifestyle behaviors that have an impact on health and aging.
2. Discuss the research on energy restriction and aging.
3. Describe physiological aging and lifestyle factors which can modify the process.
4. Describe the energy and nutritional needs of older adults.
5. Discuss the nutrition recommendations for vision changes that occur with aging.
6. Discuss the role of nutrition in the prevention and treatment of arthritic conditions.
7. Describe diseases of the aging brain and the role of nutrition in brain function
8. Identify food assistance programs available for older adults
9. Describe meal planning for single, older adults and the risks of food borne illness
10. Describe the medications that increase excretion of, alter requirements of, or interact with nutrients and the dietary changes recommend.