



# **Home Health Aide On-the-Go In-Service Lessons: Vol. 7, Issue 10: Meal Planning (Home Health Aide on-the-Go in-Service Lessons, Volume 7)**

*HCPPro, Inc., Beacon Health*

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This lesson on Meal Planning includes a complete training packet. Each in-service packet takes approximately one hour to complete and fully meets the Medicare in-service training requirements. As aides need training, you can make as many copies as you want - there s no restriction when used with aides assigned from your office location. Remember that Home Health Aides must have 12 hours of in-service training every year. LESSON OBJECTIVES Upon completion of this program, the home health aide will be able to: Identify the steps in the meal planning process. Describe three factors that have an impact on meal planning. Describe the sections in MyPyramid. OVERVIEW Nutrition is the key element in meal planning. In the United States, the Department of Agriculture (USDA) is the best source for nutritional information. For many years, its meal planning guidance featured four basic food groups meats, vegetables and fruit, grains, and dairy. After several nutrition studies, the USDA created the Food Pyramid, and updated dietary recommendations. The USDA s MyPyramid Web site provides nutritional recommendations for people of all ages and other information to promote healthy lifestyle for today s Americans. Home health aides should use the USDA recommendations during the meal planning process. These recommendations combined the patient s food preferences including likes and dislikes, the patient s ability to prepare food, chew and swallow, and other information on the aide care plan form the foundation of a patient s diet. Meal planning also involves organizing stored food, preparing shopping lists and meals, and evaluating the patient s response. This lesson focuses on enhancing the aide s ability to plan meals for their elderly patients.

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