

UNIT REVIEW

10 Design an information pamphlet for parents whose child has a particular allergy or intolerance. The pamphlet should include an explanation of the allergy/intolerance symptoms. You should also include menu suggestions for breakfast, lunch, dinner and snacks. It may also have a feature recipe of a food product or meal you have tested that would be suitable.

11 Plan a day's menu for:
 • a person who has facial injuries and is finding it difficult to chew
 • a person who has a knee injury but no difficulty in chewing.

Explain why you chose these menus. Are the same nutrients provided in both menus?

For you to do

6 Interview your family and friends to find out if any of them suffer from a food allergy or intolerance. Make a list of the foods they must avoid. Suggest suitable alternatives for each of the foods.

7 Plan a day's menu suitable for a teenager with an allergy to milk and gluten. Did you find this task difficult?

8 Interview a relative or friend who has been hospitalised for surgery. List the types of foods served during their hospital stay. Suggest three recipes that would assist recovery after surgery.

9 Think of an occasion when you were ill and recovered slowly. Which foods did you consume? Did the doctor recommend any special foods? Why?

Looking back

- 1 Outline the causes, symptoms and treatment of a person suffering from a food allergy or intolerance.
- 2 Explain the cause and symptoms of coeliac disease.
- 3 Define the term 'convalescence'.
- 4 Outline the special nutritional needs of convalescent people.
- 5 Suggest ways of making a convalescent person's meals attractive.



8.2.3 Supermarkets now stock a variety of gluten-free products.

Small, regular meals play an important role in the recovery from illness or injury. It is important to remember that all meals do not have to be soft for them to be easily digested, unless the patient has no teeth or is too ill to chew food. Foods that are more difficult to digest should be avoided, for example fried foods, pastries, cakes, nuts or any fatty foods.

When people are recovering from an illness or an injury they are **convalescing** or getting better. Injury and illness create stress on the body. Adequate nutrition can really make the difference in the recovery of people with severe injury or illness.

Injury increases the body's metabolism, and larger quantities of protein, vitamins and minerals are especially important. However, hunger may decrease, as illness or injury tends to reduce the appetite. A patient may not feel well enough to eat a high-protein meal such as fish and vegetables yet will be able to benefit from an intake of protein by consuming a protein-rich drink made from milk and eggs, or by eating yoghurt.