Recovery from Illness or Injury

When people are recovering from an illness or an injury, they are unable to carry out their usual roles or activities. 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 proteins, 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 yogurt.

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 or strained. 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.

UNIT REVIEW

Taking it further

10. Design an information pamphlet for parents whose child has a particular allergy. The pamphlet should include an explanation of the allergies, symptoms, and the foods they avoid. The foods they should avoid are also given suggestions for breakfast, lunch, dinner, and snacks. It may also show a food product feature recipe that is suitable to chew. You should also plan a day's menu for a person who has difficulty chewing, or eating. Why?

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 avoid and 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 had a hospital stay because of surgery. List the types of foods that were served during their hospital stay. Suggest three recipes that would assist recovery after surgery.

9. Think of an occasion when you were ill or recovered from surgery. Which foods did you crave? What were the foods you avoided? Explain why you chose these menu items. Are there any special foods you provided in both menus?