

Unit 4 Nutrition

Lesson 1 – Digestive System

Goals

- Understand vocabulary used to identify the basic structures of the digestive system
- Become familiar with nutrients and how and where they are absorbed in order to understand the dietary needs of the elderly
- Learn about eating problems associated with eating and aging

Activities

1. Review

Use one or more of the following activities (see instructor notes for complete instructions) to review previous lesson's vocabulary and/or verb list.

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| 1. Word Bingo (listening) | 2. Oral cloze exercise |
| 3. Word Bingo (definitions) | 4. I can/ I can't Verb Practice |
| 5. Blackboard Bingo (definitions) | 6. Verb tense practice |

2. Introduction to CNA topic – Digestive System

The information presented in this lesson is intended to give students an overview of the digestive system. This foundation knowledge will assist them in understanding the problems that are associated with digestion and the elderly. It will also provide a background information necessary to understand the dietary needs of the resident

3. Vocabulary and verb lists

Discuss vocabulary and verbs for the lesson

- **Unit 4 Lesson 1 Vocabulary**
- **Unit 4 Lesson 1 Verb**
- **Unit 4 Lesson 1 My Vocabulary list**
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4. Understanding the Digestive system.

Read the article about the digestive system. The article is available in both English and Spanish and will give students information about the digestive system. A diagram on page 2 shows movement of the food through the system during digestion. The article is used specialized vocabulary (not all is found in the vocabulary list for the lesson) and students whose first language is Spanish may find it helpful to read the Spanish version first or refer to it throughout the discussion to assist them in understanding the problems that are associated with digestion and the elderly.

- **Unit 4 Lesson 1 Your Digestive System and How it Works (English)**
- **Unit 4 Lesson 1 El aparato digestivo y su funcionamiento (Spanish)**

Use **Unit 1, Lesson 2 Body systems, Functions, and Aging** handout to relate information about the digestive system to nutrition and aging.

- **Unit 1 Lesson 2 Body Systems, Functions, and Aging**

5. Eating Well as We Age

Read as a group or independently the booklet Eating Well As We Age. (available in both English and Spanish)

- **Unit 4 Lesson 1 Eating Well as We Age (English)**
- **Unit 4 Lesson 1 Comiendo Bien En La Vejez (Spanish)**

Focus on problems related to residents in nursing center found on pages 2,3, and 6. Pages 10 and 11 give information about reading labels and additional nutrition facts.

Discuss how diets change as people age. Look at the Body Systems, Functions, and Aging and discuss what the body systems related to the problems in the booklet.

6. Eating Problems Chart

Use the Body Systems, Functions and Aging handout from Unit 1 Lesson 2 and the Eating Well as We Age brochure from the last activity to complete the table. Work independently, with a partner, or as a class activity. Answer key is provided but answers will likely vary somewhat.

- **Unit 4 Lesson 1 Eating Problems Table**