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Action KA210-ADU - Small-scale partnerships in adult education



# **Project title: Total Health Resources for Improving Vitality and Endurance 50+ ("THRIVE50+")**

**Project No.: 2023-2-RO01-KA210-ADU-000184831**

## **Set of materials for the workshop**

**Workshop Title: Superfood for  
Seniors: Boosting Health with  
Nutrient-Rich Choices**



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# Facilitator guide

## BASIC INFORMATION

As we age our bodies become more susceptible to various health issues, making it increasingly important to maintain a healthy diet. Superfoods, which are nutrient-dense foods packed with essential vitamins, minerals and antioxidants, can play a significant role in promoting health and well-being among people aged 50+. This workshop aims to educate participants about nutrient-rich foods that can help prevent common health issues related to aging, such as heart disease, diabetes, and others.

## TARGET GROUP NEEDS

People over 50 face a lot of health challenges such as insufficient energy due to the lack of nutrient-dense foods. Adequate nutrition becomes essential as metabolism slows down and nutrient absorption decreases during this age. The 50+ group benefits from education on healthy eating, portion control, and nutrient-rich food choices such as superfoods, as well as the importance of hydration.

## DURATION

2-3 hours is a good time duration because it allows enough time to cover the best superfoods topic, practical recipes and tastings as such participants won't be under any form of pressure thereby allowing enough time for questions and answers.

## NUMBER OF PARTICIPANTS

A small group size(2-15) improves personal interaction, which helps each participant receive adequate attention and can share experience relevant to their daily dietary challenges.

## EDUCATIONAL OBJECTIVES

- Identifying common superfoods and their health benefits
- Understand the importance of superfoods for seniors' health
- Learn how to incorporate superfoods into daily meals.
- Share recipes and meal ideas featuring superfoods.

## TECHNICAL AND EQUIPMENT REQUIREMENTS





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- Projector for powerpoint presentation.
- Presentation slides
- Notepads and pens

## MATERIALS

- Handouts with a list of superfoods recipes and their benefits
- Powerpoints slides or visual aids
- samples of superfoods
- Makers and pens
- Grocery shopping list

## METHODS AND TECHNIQUES

- Interactive topics: Quick and easy superfood recipes and demonstrations on how to prepare simple nutrient-rich dishes.
- Group discussions on favourite: Encourage Participants to share if they already use any superfood.
- Practical meal planning: Each participant should create a one week meal plan incorporating at least one superfood in each meal.

# Curriculum

## Welcome and introduction (15 minutes)

- **Objective:** Establish a welcoming atmosphere and introduce the workshop

### Slide 1: workshop title slide

#### 1) Warm Welcome:

Greet participants as they arrive, making sure to create a warm and welcoming atmosphere and make sure that everyone feels comfortable and included by engaging in small talks and showing genuine interest in their presence.

#### 2) Facilitator Introduction:

Briefly introduce yourself as the facilitator by sharing a bit about your background and why you have so much interest in Superfoods. Explain your role in the workshop by emphasising that you're here to guide and support them in learning.

#### 3) Workshop Overview:

Briefly explain the workshop objectives and the schedule for the day

## Slide 2: Introduction to superfoods (20 mins)

**Objective:** Educate Participants on the concept of superfood and their health benefits particularly for people age 50+

### Explanation of activity:



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- **Presentation :** Define Superfood and their benefits using keywords like Nutrient density, high level of vitamins, minerals and health-boosting properties using slides.
- **Examples of Superfoods:** Highlight a few key superfoods
  - For heart health:** Oats, avocados, salmon
  - For Bone strength:** spinach, Kale, almonds
  - For brain Health:** blueberries, Walnuts, Turmeric.
- **Group discussions:** Ask participants to share which of these foods they are familiar with or already eat regularly.
- **Materials:** Flipchart, Markers and handouts with a list of superfoods and their specific health benefits.

### **Slide 3: Practical learning and Tastings. (30 minutes)**

- **Objective:** Show participants how easy it is to prepare meals using superfoods, and allow them to taste the results.
- **Explanation of activity:**
  1. **Live Cooking Demo:** Lead a cooking demonstration featuring simple, nutrient-packed dishes that can easily be made at home.
    - a. Example dishes: Quinoa and avocado salad, chia seed pudding with berries, or a smoothie with spinach and fruit.
    - b. Explain how to prepare, cook, and store these foods.
    - c. Emphasise health benefits as you cook (e.g., quinoa is high in protein, berries are rich in antioxidants).
  2. **Tasting Session:** Serve the prepared dishes to participants. Encourage them to share their thoughts on the taste and ease of preparation.
  3. **Discussion:** Ask participants how they think they could incorporate these dishes into their own diets.
- **Materials:** Ingredients for demonstration (quinoa, berries, spinach, etc.), cooking supplies, recipe handouts.

### **Q&A and Wrap-Up**

- **Time:** 15 minutes
- **Objective:** Address any remaining questions and conclude the workshop.
- **Instructions:**
  - **Q&A:** Open the floor to any questions participants may have about superfoods, meal planning, or nutrition in general.
  - **Recap:** Summarize key points from the workshop.
  - **Next Steps:** Encourage participants to continue their learning journey by exploring additional resources (provide a handout with websites, books, or local community programs related to nutrition for seniors).
  - **Thank You:** Thank everyone for their participation, and hand out feedback forms for them to fill out before leaving.



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## Slide 4: Hydration and Health: Staying Well-Hydrated as You Age

### Session 1: Welcome and Icebreaker

- **Time:** 15 minutes
- **Objective:** Build rapport and introduce the topic.
- **Instructions:**
  1. **Welcome Participants:** Introduce yourself and provide an overview of the workshop's objectives.
  2. **Icebreaker Activity:** Ask participants to share one thing they drank today. This will get everyone thinking about hydration and serve as a segue into the topic.
  3. **Set the Tone:** Explain the importance of staying hydrated as we age and introduce the main topics to be covered during the workshop.
- **Materials:** Name tags (optional), flipchart or whiteboard, markers.

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## Slide 5: Why Hydration is Important for Older Adults

- **Time:** 20 minutes
- **Objective:** Explain how aging affects hydration and why it is crucial to drink enough fluids.
- **Instructions:**
  1. **Presentation:** Use slides or visual aids to explain:
    - How our body's water content decreases with age.
    - Age-related changes that increase the risk of dehydration (e.g., reduced thirst sensation, decreased kidney function).
    - The role of water in digestion, nutrient absorption, joint health, and cognitive function.
  2. **Discussion:** Ask participants if they've noticed any changes in their thirst or hydration habits as they've aged.
- **Materials:** Flipchart/whiteboard, markers, hydration fact sheets or visuals showing how the body's water needs change with age.

### Short break 10 minutes

## Slide 6 : Practical Hydration Tips and Strategies

- **Time:** 20 minutes
- **Objective:** Provide practical advice on how to stay hydrated throughout the day, especially for those who may not feel thirsty.
- **Instructions:**





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1. **Presentation:** Share practical hydration tips, including:
  - Drinking water regularly throughout the day, even when not thirsty.
  - Incorporating water-rich foods like fruits and vegetables into meals (e.g., watermelon, cucumbers, oranges).
  - Setting reminders or using apps to track water intake.
  - Carrying a reusable water bottle to make drinking water easier and more convenient.
  - Varying beverages (herbal teas, broths, or infused water) to add variety to water intake.
2. **Interactive Activity:** Participants can brainstorm or share their favourite strategies for staying hydrated.
3. **Visual Aid:** Create a hydration schedule template to help participants plan their daily fluid intake (e.g., drinking water with meals, after physical activity, and at regular intervals).

- **Materials:** Hydration tips handouts, hydration schedule templates, pens.

## Slide 7: Recognizing Signs of Dehydration

- **Time:** 30 minutes
- **Objective:** Teach participants how to identify early signs of dehydration and understand the health risks associated with it.
- **Instructions:**
  1. **Presentation:** Explain the symptoms of dehydration, such as:
    - Mild symptoms: Dry mouth, fatigue, dizziness, dark-colored urine.
    - Severe symptoms: Confusion, rapid heart rate, low blood pressure.
  2. **Interactive Activity:** Ask participants to match symptoms with their severity (mild, moderate, or severe).
  3. **Health Risks Discussion:** Discuss the potential health risks of chronic dehydration, such as urinary tract infections, kidney stones, and increased risk of falls.
- **Materials:** Dehydration symptoms handouts, markers, flipchart/whiteboard.

## Slide 8: Q&A and Workshop Conclusion

- **Time:** 15 minutes
- **Objective:** Summarize the key points and provide an opportunity for participants to ask any remaining questions.
- **Instructions:**



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1. **Recap:** Summarize the main takeaways: the importance of hydration, recognizing dehydration symptoms, and practical ways to stay hydrated.
2. **Q&A:** Open the floor for any final questions from participants.
3. **Closing:** Thank participants for attending and encourage them to apply what they've learned.



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