

Lesson Plan

Target Audience: Older Adults

Goal: Identify the importance of Calcium in eating patterns to reduce risks of diseases.

Objectives:

1. Participants should be able to explain two reasons why consuming Calcium is important.
2. Participants should be able to list the five best sources of Calcium.
3. Participants should be able to set up a one day menu using food models to total the RDA of Calcium for a day.

Time Allotted: 30 minutes

Introduction: Raise your hand if you have consumed Calcium this morning for breakfast? (Pick a couple of participants and ask them what they consumed).

Pre-assessment:

1. What have you heard as the recommendation for Calcium?
2. What are some ways to consume Calcium?
3. What have you heard about consuming Calcium to help osteoporosis?

Content and Sequence:

1. As you age, consuming Calcium is very important for you. Consuming 1200 mg of calcium per day is recommended for you.
2. Adequate Calcium can help you maintain bone and teeth health. Inadequate consumption of Calcium could lead you to an increased risk of colon cancer, obesity or hypertension.
3. Sources of Calcium: yogurt, milk, cheese, ice cream, spinach, kale, broccoli, tofu, dried beans, fortified orange juice, waffles and breakfast cereals
4. Discuss deficiencies of Calcium: poorly mineralized, weak bones, osteopenia, osteoporosis, convulsion, muscle spasms
5. Impact of Calcium: osteoporosis prevention, bone calcification, blood pressure control, blood clotting, tooth formation, muscle contraction and nerve impulse transmission

Learning Activities:

1. Bingo
 - a. A bingo card will be given to each participant with facts about Calcium and Sydney or I will address a question related to calcium and if a participant has it on their card, they will cover it with a chip. The first one to receive a bingo will get a prize.
2. Ranking best sources of Calcium with food models

- a. Sources of Calcium will be in a tote and Sydney or I will hold up the food model and the participants will have us rank them from best source to least source of Calcium.
3. Sample bones
 - a. We will pass them around when explaining the importance of Calcium in relation to osteoporosis

Materials Needed:

1. Food models: a variety of food models to talk about Calcium and for them to set up a one day meal
2. Bingo card: a bingo card with facts about Calcium
3. Sample bones: one of normal bones and one with osteoporosis is going to be used to show the effects of inadequate Calcium on bones.

Conclusion:

Overall, Calcium is important as you age to prevent multiple health concerns such as osteoporosis and osteopenia. There are many ways to get Calcium in addition to milk such as yogurt, spinach, kale and fortified cereals.

Evaluation:

1. Each participant should be able to give three examples of where Calcium comes from and the importance of it. This will be given out on a sheet of paper. We will ensure each person understands where calcium comes from and the importance of calcium.
2. Participants should be able to contribute to an exercise showing a one day diet diary to ensure adequate Calcium.