FN175 Research Project

The FN175 research project is intended to provide the opportunity to apply the knowledge learned in this course. I have provided four options below; you need to choose one of them for your research paper. Refer to the various chapters in the textbook along with utilizing other relevant sources. All papers should be 4-6 pages in length and should include sufficient detail to be thorough. When utilizing for sources on the Internet you should make sure they are reputable. You will need to reference all materials used in this paper appropriately, if it is a textbook or Website use MLA or APA format. If your paper includes a facility that you have observed then you will need to state the name, location and contact person at the site. This information should be written on a separate page at the end of your research paper and will not be included in the page count. Any signs of plagiarism in your paper will result in a zero for the project as well as notification to the college regarding your actions. You will find the grading rubric for this project below as well as in the course syllabus. If you have the time and available resources, I highly suggest the 3-day observation project. This project will help you to see firsthand the aging process and its affiliated limitations.

If you need help on how to cite your work for your reference page, below is a website which will help you. There are also two websites provided if you need help with grammar. All three URL's will need to be cut and pasted into a search window.

Here is a good tutorial for citing your sources:
http://www.asu.edu/lib/tutorials/citations/index.htm

Using Correct Grammar:
http://owl.english.purdue.edu/owl (select Grammar and Mechanics)

http://grammar.ccc.commnet.edu/grammar
Research Paper Options

1) Write a report on your 3-day observation of a Nursing Home, Retirement Home, Guest Home or Senior Center. First you will need to contact the Administrator or Activities director for authorization to make the observation. You will be visiting during the dining hours, so you can observe Breakfast, Lunch or Dinner. During that time you should make note of the type of foods severed, the attitude of the residents, and the interest in the meal. Note the variety of limitations, e.g.) dexterity, dentures, purée diets, etc. During each visit go around and talk to the residents asking them questions pertaining to their likes and dislikes, favorite foods, and any diet limitations. Some residents will not be able to express themselves as well so you may need to make your own observations.

Remember this is only your observation, you are not in any way to comment on the foods or provide your opinions on what should be served or eaten by the residents, this will be done in your paper. To download the Student Participation Form click on this link, http://seaportmedia.coastline.edu/Objects/22152/FN_175_Military_7285403/STUDENT%20PARTICIPATION%20AGREEMENT%20FORM.pdf. You will need to complete this form and take it with you when completing your observation at your selected facility. If you have any questions concerning this project please e-mail me.

When writing your paper you should cover these following topics:

a. How well did the meal cover the Choose My Plate website’s recommendations for servings in all 4 food groups? Provide the meals you observed and break them down according to the Food Guide Pyramid or My Plate. You may want to refer to the Choose My Plate link. http://www.choosemyplate.gov/

b. Discuss the eating surroundings in detail. Was there a pleasant environment? Was there talking going on during the meal? Did staff provide assistance during the meal? How well was the meal enjoyed by the residents? Was the eating area clean, etc.

c. What limitations did you notice? Did any of the limitations affect the resident’s ability to enjoy their meal?

d. From a nutritional standpoint; what were your insights on the meals? Were the nutrients that affect seniors (e.g. Calcium, Vitamin D, Vitamin B12...etc.) provided in the foods eaten at each meal?

e. What insights have you gained from this project?

f. What suggestions would you make to the center you observed?
2) As a hypothetical situation you will be preparing meals for Joe, a senior male, 87 years old. Joe weighs 240 lbs. and is 5’11” tall. Joe has very bad knees and is not able to get around without his walker. He is not very stable when he walks and macular degeneration of his eyes has made it so he cannot shop or prepare foods for himself. His doctor has told Joe that he needs to control his discretionary allowance of calories and watch is calorie intake as he is a borderline diabetic. Joe has high blood pressure, a family history of CVD, and high Cholesterol. His last blood work run by the doctor shows he is low on Vitamin B12 and Vitamin D. Joe is not allergic to any foods and can eat most things with the exception of some foods such as nuts, coconut, apples, bagels, and raw vegetables due to the difficulty in chewing. The doctor has suggested that if he cannot control his cholesterol he will need to be put on medication. He is trying to avoid the medication because of the side effects. One of the best things for Joe is if he could get some exercise but because of his physical limitations it is difficult. Diet is going to be the best method of controlling his food limitations for right now. That is why you have been hired to help control his problem areas.

   a. Find out Joe’s BMI, what weight range would Joe need to be in for his height to be in the healthy range for his BMI? (Charts are provided in the textbook)
   b. Provide the required amounts (portion size and amounts) of foods needed according to the Choose My Plate website for Joe.
   c. Provide a list of foods that would be low in Cholesterol, good source of Vitamin B12, Vitamin D, low in salt, low in fat, and low in sugar. After creating the list state which foods would be the best for Joe to eat. How would prepared foods work for Joe’s diet? What would you need to look for on the food labels?
   d. Provide a diet for Breakfast, Lunch and Dinner for two days that would address all of Joe’s diet limitations.
   e. What insights have you gained from this project?
   f. What suggestions would you make for Joe?

3) Write a research paper on the nutrient needs of seniors. You should use at least three reputable sources. You should provide details on each of the questions below along with any additional information you have learned from this project.

   a. Discuss the changes in nutrient Availability during the aging process.
   b. Discuss what nutrient requirements change during the aging process.
   c. What are the recommendations to aid the seniors achieve their nutrient needs?
   d. What can affect the nutrients needed by the senior? (Physiological changes, conditions or diseases)
e. What programs are available to seniors in need to help with their nutrient needs?
f. On a personal level, what have you learned and how might this change your decisions in the future?

4) Senior Meals Programs Available. You should provide details on each of the questions below along with any other additional information you have gained from this project.

a. List all Senior Meal Programs available – This include any programs that provide meals to seniors, either in their own living environment or at a designated senior facility during the day only, it does not include any type of senior housing such as convalescent hospital, retirement homes, guest homes etc. Instead these are supplemental programs available to seniors during the day. Your report will need to cover a minimum of 4 senior meal programs.

b. Advantages and disadvantages of each program
c. Cost per program
d. Are diet limitations addressed? Who prepares the meals?
e. Provide the standards set for Senior Meal Programs
f. Types of foods provided and how well do they cover the senior’s nutritional needs.
g. What program do you think is best suited to the senior population and why. What programs if any do you think don’t address the senior’s nutritional needs?
## Grading Rubric
### FN175 Research Project

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Points</th>
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<tr>
<td>Collection of Information; Opinions, theories and ideas are presented in a logical manner; Directions are thoroughly followed and assignment questions are addressed.</td>
<td>maximum 15 points</td>
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<tr>
<td>Depth of response (Incorporating material beyond the textbook.) Provide detailed responses to questions asked. Evidence of critical thinking and synthesis of ideas.</td>
<td>maximum 20 points</td>
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<tr>
<td>Individual thoughts, experiences, opinions reflected in project.</td>
<td>maximum 10 points</td>
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<tr>
<td>Proper grammar and spelling, followed directions, references properly cited, assignment submitted on time</td>
<td>maximum 5 points</td>
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<tr>
<td><strong>Total Possible</strong></td>
<td><strong>50 Points</strong></td>
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