

Therapeutic Diet

OBJECTIVES/RATIONALE

Therapeutic diets are formulated to optimize the nutritional needs of the client in order to treat a variety of diseases and disorders. The student will develop a therapeutic diet for a disease/disorder.

TEKS 121.24 2A, 2C, 7E

TAKS ELA 1, 3, 4, 5, 6
Science 1, 2

KEY POINTS

- I. Purposes of therapeutic diets
 - A. regulate the amount of food
 - B. prevent or restrict edema
 - C. assist body organs to regain and/or maintain normal function
 - D. aid in digestion
 - E. increase or decrease body weight
- II. Types of therapeutic diets
 - A. Clear Liquid
 - B. Full Liquid
 - C. Soft
 - D. Bland
 - E. Restricted residue
 - F. Low-carbohydrate
 - G. Low-fat
 - H. Low-cholesterol
 - I. Low calorie
 - J. High calorie
 - K. Low sodium
 - L. High protein

ACTIVITIES

- I. Complete the **Therapeutic Diet Project**.

MATERIALS NEEDED

Lewis, Sharon and Idiola Collier. *Medical Surgical Nursing*. Mosby Yearbook, 1992.

Medical Dictionaries

Computer

Internet

Publication Manual of the American Psychological Association (APA)

ASSESSMENT

Therapeutic Diet Presentation Criteria

ACCOMMODATIONS

For reinforcement, the student will write a report on a disease including etiology, pathophysiology, clinical manifestations, diagnosis and therapeutic management.

For enrichment, the student will prepare a meal based on the therapeutic diet researched.

REFLECTIONS

Therapeutic Diet Guidelines

- I. Create a therapeutic diet presentation packet, to include
 - A. Cover Sheet
 - B. Disease Graphic – Research the etiology, anatomy/pathophysiology, clinical manifestations, diagnosis, and therapeutic management of a specified disease or condition. Display your findings on a computerized graphic.
 - C. Description of Therapeutic Diet – Research the therapeutic diet which is recommended for the above disease/condition. Word-process or otherwise compose a handout that describes this diet. Be sure to include foods allowed and foods not allowed, where necessary.
 - D. Therapeutic Diet Menu – Create a day’s menu (breakfast, lunch, and dinner) that employs the recommended therapeutic diet.
 - E. Food Pyramid – Illustrate the therapeutic diet on the food pyramid.
 - F. Reference page – APA citations
- II. Present your findings to another class
 - A. Distribute copies of packet to audience
 - B. Bring food aid related to chosen therapeutic diet

Therapeutic Diet Criteria

50 POINTS CONTENT

- Introduce presentation
- Review and describe in order all items in packet
 - Disease graphic
 - Etiology
 - Pathophysiology
 - Clinical manifestations
 - Diagnosis
 - Therapeutic management
 - Drugs
 - Other treatments
 - Nutritional management
- Description of diet
- Menu for therapeutic diet
- Illustration of therapeutic diet on food pyramid

30 POINTS AUDIENCE INVOLVEMENT

- Be open to questions during presentation. Keep the audience engaged!
- Evaluate the audience to see what they have learned

20 POINTS FOOD AID

- Distribute samples of therapeutic diet to audience.