

## Promotional: Principles of Menu Planning

**\*\*You MUST print this for Continuing Education purposes and keep with your certificate of completion.**

### **Requirements:**

For successful completion of this educational activity and receipt of 0.5 contact hour(s), the learner must:

1. Participate in 30 minutes of continuous learning.
2. Complete a quiz with a minimum score of 85%.
3. Complete an evaluation form.

### **Educational activity description:**

Menu planning plays an important role in any long-term care setting. Quality of life can be improved if meals are satisfying, enjoyable, and nutritious. This learning activity shares foundational principles for staff involved with menu planning for the older adult in a long-term care setting.

### **Target audience:**

The target audience for this educational activity is all staff across the long-term care setting. This is an introductory level educational activity.

### **Learning outcome:**

At the completion of this educational activity, the learner will be able to demonstrate knowledge about principles of meal planning by passing a quiz with 85% or greater accuracy.

### **Learning objectives:**

At the completion of this educational activity, the learner will be able to:

1. Identify two (2) nutrients of concern for older adults.
2. List two (2) food groups that appear on a meal ticket.
3. Identify one (1) type of food that is also counted as a fluid.

### **Author:**

Kendall Kennedy, MS, RDN

Kendall Kennedy's experience includes working as a clinical dietitian in a long-term care facility in Jacksonville, Florida. She helped create a 3-week cycle menu following kosher guidelines, while ensuring residents received high-quality, tasteful, and nutritious meals and snacks. She conducted monthly kitchen audits to identify any areas of concern regarding food storage, preparation, distribution, and service. Also, she tested trays weekly for temperature, taste, texture, and overall appearance. In addition to her work in the food service department, Kendall also provided timely and appropriate nutrition assessments and interventions, updating the resident's care plan as needed.

### **Reviewer:**

Linda Shubert, MSN, RN, NPD, CDP

Linda has 40 years of nursing experience working with older adults across the settings of rehabilitation, home health, geriatric case management, acute care, and long-term care. Linda has held a variety of clinical, teaching, and administrative positions including Director of Nursing and Staff Development Coordinator which introduced her to the regulatory climate of the long-term care industry. Linda is an advocate for competency-based training for all employees to promote quality outcomes for the older adult in the long-term care setting. She has her Safe-Serve certification.

**Planning committee:**

Judy Hoff, RN, BSN, MA, PhD  
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