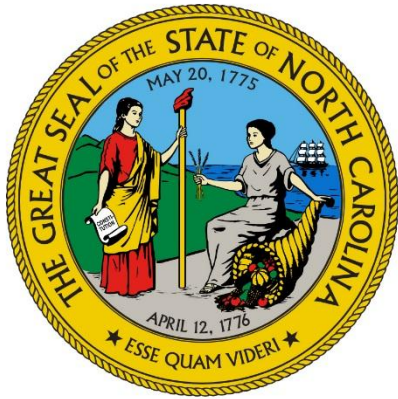




NC Department of Health and Human Services

NC Home Care Aide Curriculum

Module 14 – Nutrition

July 2026

OBJECTIVES

- 1. Discuss Dietary Guidelines for Americans**
- 2. Identify positive and negative food safety practices**
- 3. Shop and prepare healthy meals for patients**
- 4. Recognize the importance of hydration**
- 5. Explain how to avoid dehydration in patients**

Patient-Focused Nutrition

- Each person is unique
- Nutritional status of a patient is based on many factors unique to the patient



FACTORS AFFECTING NUTRITION

There could be physiological and/or psychological factors affecting a patient's nutritional practices.



MODULE 14-A

2025 - 2030 Dietary Guidelines for Americans

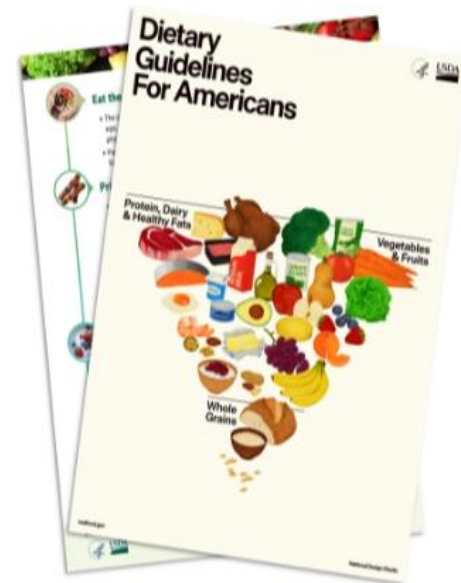
2025 – 2030 Dietary Guidelines for Americans



Handout #1

Prioritize whole, healthy, and nutritious foods with the new *Dietary Guidelines for Americans!*

Read the [new edition](#) and learn more at [RealFood.gov!](https://www.RealFood.gov)



DAILY GOAL: 6 BASIC NUTRIENTS

- Protein
- Carbohydrates
- Fat
- Vitamins
- Minerals
- Water



BASIC NUTRIENTS

- **Protein**
- **Carbohydrates**
- **Fat**
- **Vitamins**
- **Minerals**
- **Water**



BASIC NUTRIENTS (2)

- Protein
- **Carbohydrates**
- Fat
- Vitamins
- Minerals
- Water



BASIC NUTRIENTS (3)

- Protein
- Carbohydrates
- **Fat**
- Vitamins
- Minerals
- Water



BASIC NUTRIENTS (4)

- Protein
- Carbohydrates
- Fat
- **Vitamins**
- Minerals
- Water



BASIC NUTRIENTS (5)

- Protein
- Carbohydrates
- Fat
- Vitamins
- **Minerals**
- Water



BASIC NUTRIENTS (6)

- Protein
- Carbohydrates
- Fat
- Vitamins
- Minerals
- **Water**
Covered in detail later
under Hydration



MODULE 14-B

SPECIAL DIETS & READING FOOD LABELS

SPECIAL DIETS

- **A special diet might be recommended for your patient for several reasons.**
- **Your nurse or supervisor will inform you if there is a special diet or dietary restriction.**



Handout #2

Special Diets



The Nutrition Facts Label

- **It is very important to read all of the labels on a food package.**
- **The Nutrition Facts Label - An Overview**



Handout #3

High Sodium Foods



MODULE 14-C

FOOD SAFETY & MEAL PREPARATION

Preparing and Handling Food

- **Safe handling of food**
- **Preparing food**
- **Handout #4 –
Food Temperature**
- **Handout #5 –
Cold Storage Chart**

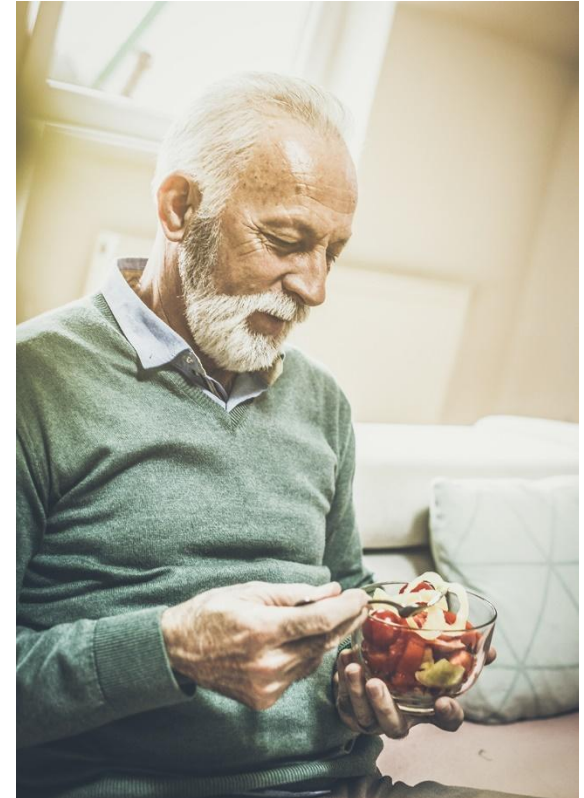


Making Food Choices

- **Be aware of potential dietary restrictions and food allergies**
- **Ask your patient about preferences and be respectful of food choices based on these factors.**
- **If there is a special diet recommended, the nurse will inform the home care aide of those restrictions.**
- **It is not the role of the home care aide to suggest dietary changes or limitations to the patient.**

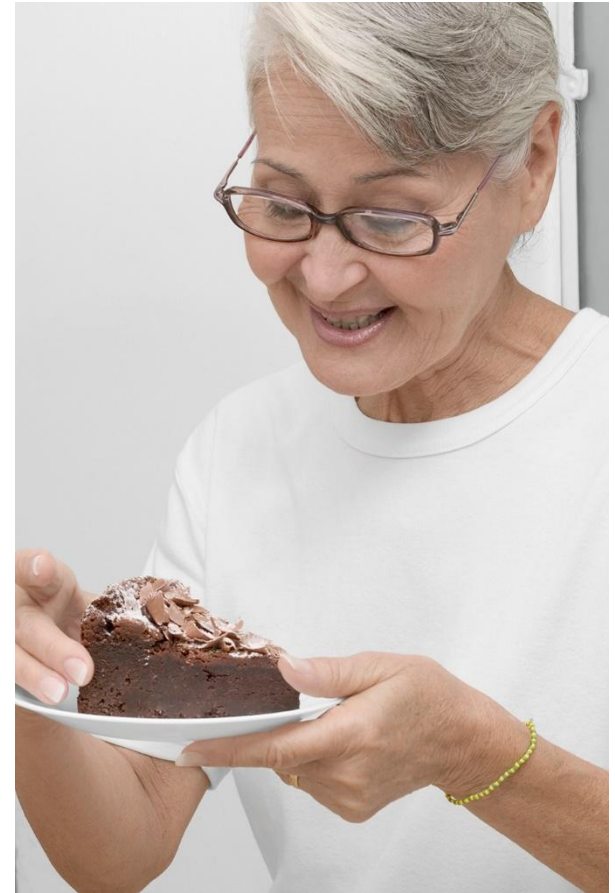
Assisting with Nutritional Needs

While it is ultimately the role of the nurse or supervisor to determine what recommendations to follow, the home care aide can offer support to the patient in other ways.



POOR FOOD CHOICES

- **If your patient has diabetes, high blood pressure, high cholesterol, etc., do not overreact if they cheat on their diet.**
- **The patient has the right to make poor choices.**



ACTIVITY #1

FOOD SAFETY



MODULE 14-D

GROCERY SHOPPING

GROCERY LIST

- **Your grocery list should include fruits, vegetables, grains, milk and milk products, meat, poultry, fish, eggs, dry beans and nuts.**



CLASSROOM ACTIVITY

Shopping on a Budget



Handout #6

Becoming a Better Shopper



MODULE 14-E

HYDRATION



WATER

Water is the most essential nutrient for life



WATER (2)

- **Infant, children, and adult home care patients will be at risk of dehydration.**
- **Older adults sometimes drink less for various reasons.**



Handout #7

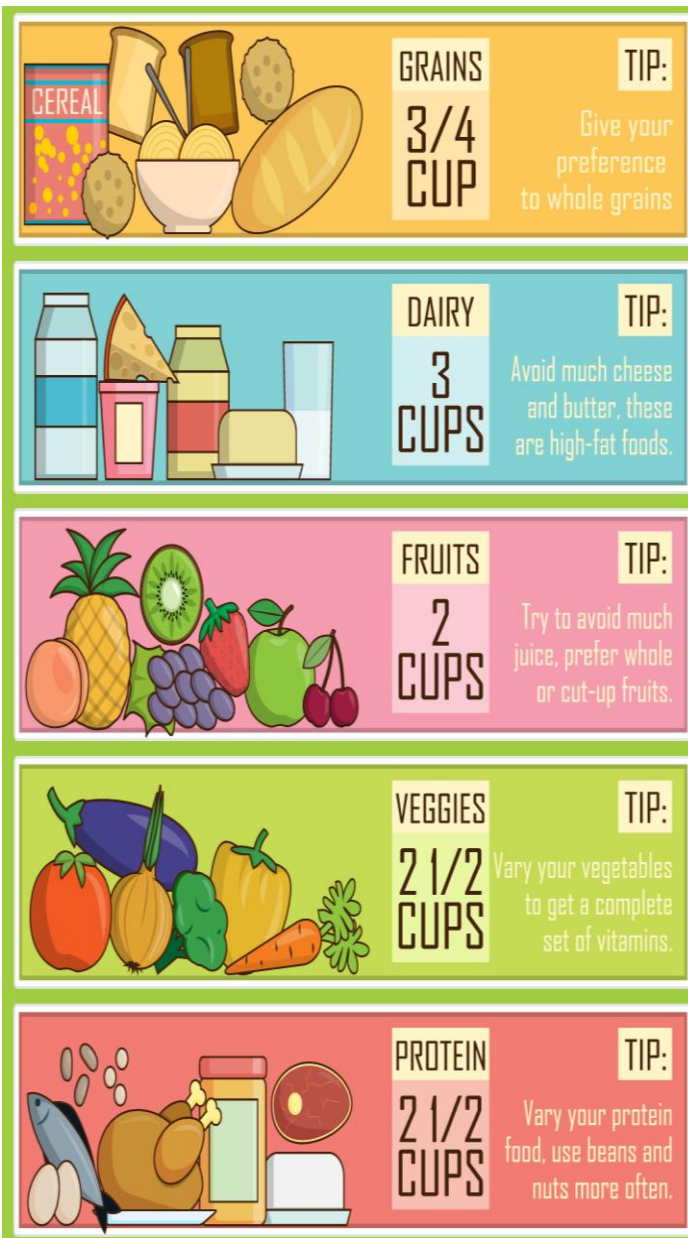
Dehydration



Altered Water Intake

- **Forcing Fluids**
- **Restricting Fluids**
- **Nothing by Mouth**





The importance of nutrition, health, and hydration cannot be stressed enough. It is important to encourage our patients to eat healthy, well-balanced meals. If we follow our own advice and do the same, we can live up to our fullest potential every day!