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## Action KA210-ADU - Small-scale partnerships in adult education



### THRIVE50+

Set of materials for the workshop



# Title: Balanced Diet Basics- Understanding Nutritional Needs for 50+

Project title:

**Total Health Resources for Improving  
Vitality and Endurance 50+**

Project No.:

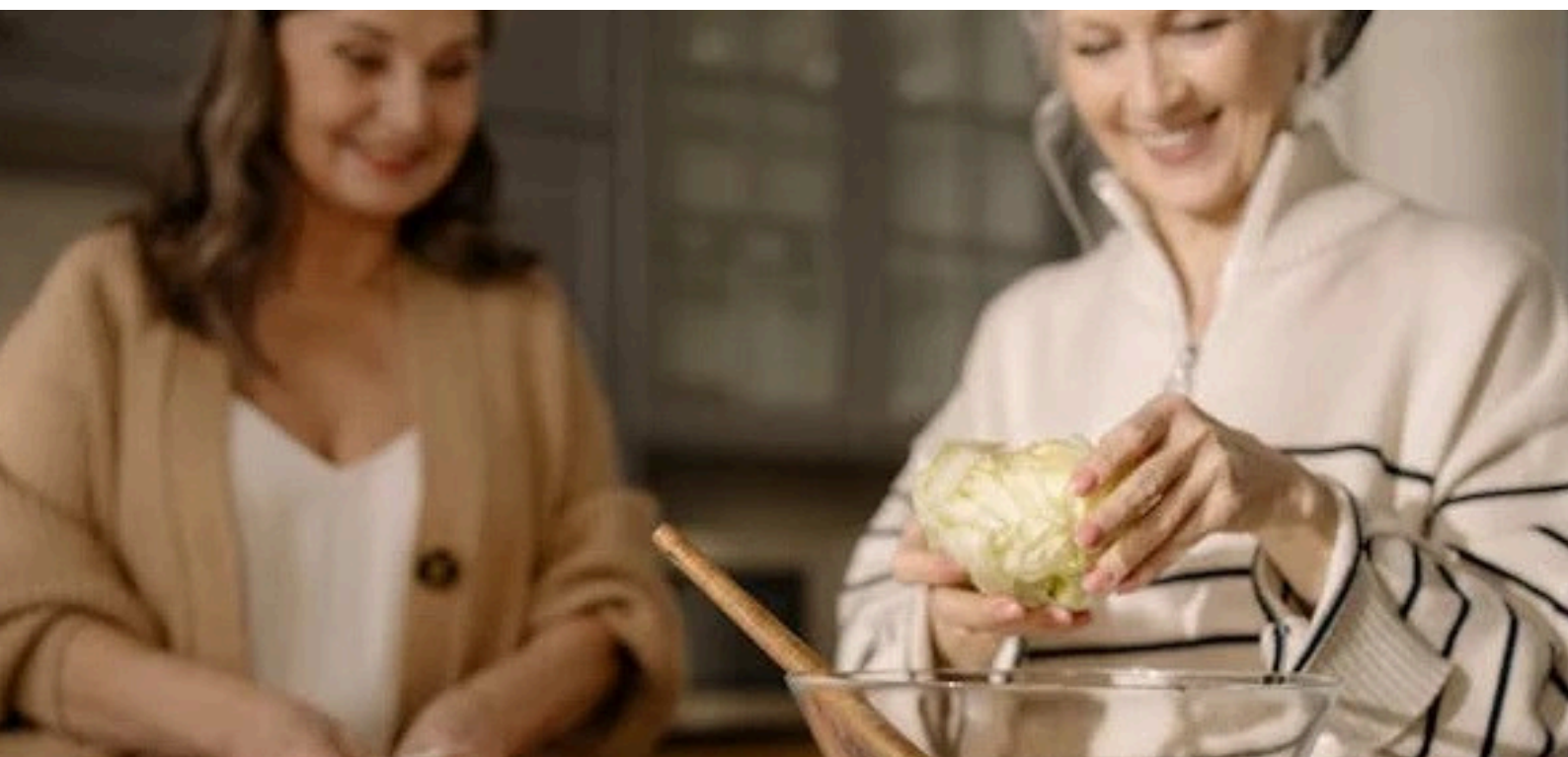
**2023-2-RO01-KA210-ADU-000184831**

THRIVE 50+





# FACILITATOR GUIDE



## BASIC INFORMATION

As individuals age, their bodies undergo changes that impact their nutritional requirements. For those over the age of 50, it is vital to modify their diets in order to promote healthy aging, manage chronic conditions, and maintain vitality.



This workshop will focus on the principles of a balanced diet, the ways in which nutritional requirements evolve after the age of 50, and practical strategies for creating healthy meal plans.



## TARGET GROUP NEEDS

People over 50 face specific nutritional challenges due to factors like a slower metabolism, decreased muscle mass, and changes in digestion. Additionally, certain nutrients, such as calcium and vitamin D, are crucial for maintaining bone health and overall well-being. This workshop addresses these needs head-on, equipping participants with the knowledge and tools to improve their dietary habits.





## DURATION

2-3 hours

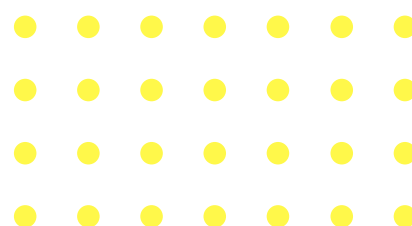
This duration allows enough time to cover the essentials of balanced nutrition, changes in dietary needs as people age, and hands-on meal planning activities, while also providing opportunities for questions and discussion.

## NUMBER OF PARTICIPANTS

A small group size (2-15) fosters personal interaction, ensuring that each participant receives attention and can share experiences relevant to their dietary challenges.

## EDUCATIONAL OBJECTIVES

- Understand the fundamental principles of a balanced diet and their relevance to people over 50.
- Recognize how nutritional needs shift with age, particularly in terms of vitamins, minerals, and macronutrient requirements.
- Learn how to create meal plans that support bone health, heart health, and overall vitality.



**Gain practical tools to maintain a healthy, balanced diet despite the challenges of aging.**







## TECHNICAL AND EQUIPMENT REQUIREMENTS

- Laptop with Internet access or projector for presentations
- Presentation slides on balanced diet principles and age-related nutritional changes
- Handouts with key nutrient guidelines and meal plan examples
- Flipchart or whiteboard for group discussions
- Notepads (notebooks, pens).

## MATERIALS

- Facilitator guide with detailed curriculum and activity descriptions
- Nutritional handouts outlining recommended daily intakes for people over 50
- Worksheets for meal planning exercises
- Sample meal plans (e.g., for promoting bone strength, managing weight, or supporting heart health)

## METHODS AND TECHNIQUES

- Interactive lecture: Share key concepts of nutrition and age-related changes.
- Group discussion: Encourage participants to discuss their dietary habits and challenges.
- Practical meal planning: Help participants create balanced meal plans tailored to their nutritional needs.
- Q&A Session: Allow for individualized questions and feedback to ensure understanding.



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# Curriculum



THRIVE 50+



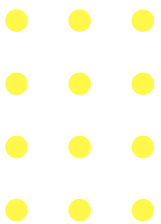


# Welcome and introduction (15 min)

## Objective

Establish a welcoming atmosphere and introduce the workshop.

## Explanation of activity:



Slide 1: Workshop title slide

Facilitator Notes: Greet participants, introduce yourself, and provide a brief overview of the workshop's goals.

Slide 2: Overview of the workshop

Facilitator Notes: Explain the objectives of the workshop, including how participants will learn about changing nutritional needs and meal planning.







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# Icebreaker: Personal dietary changes (10 minutes)

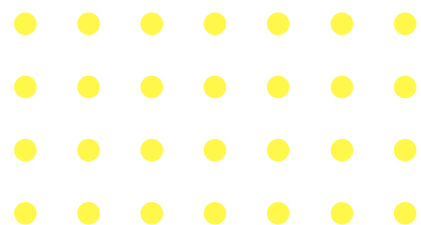
## Objective

Encourage participants to share their personal experiences and create a sense of community.

## Explanation of activity:

Slide 3: Icebreaker - "How has your diet changed after 50?"

Facilitator Notes: Ask participants to share one way their eating habits or health concerns have changed since turning 50. This will help participants start reflecting on their dietary habits.





# Understanding nutritional needs after 50 (20 minutes)

## Objective

Explain how aging affects metabolism, muscle mass, and digestion.

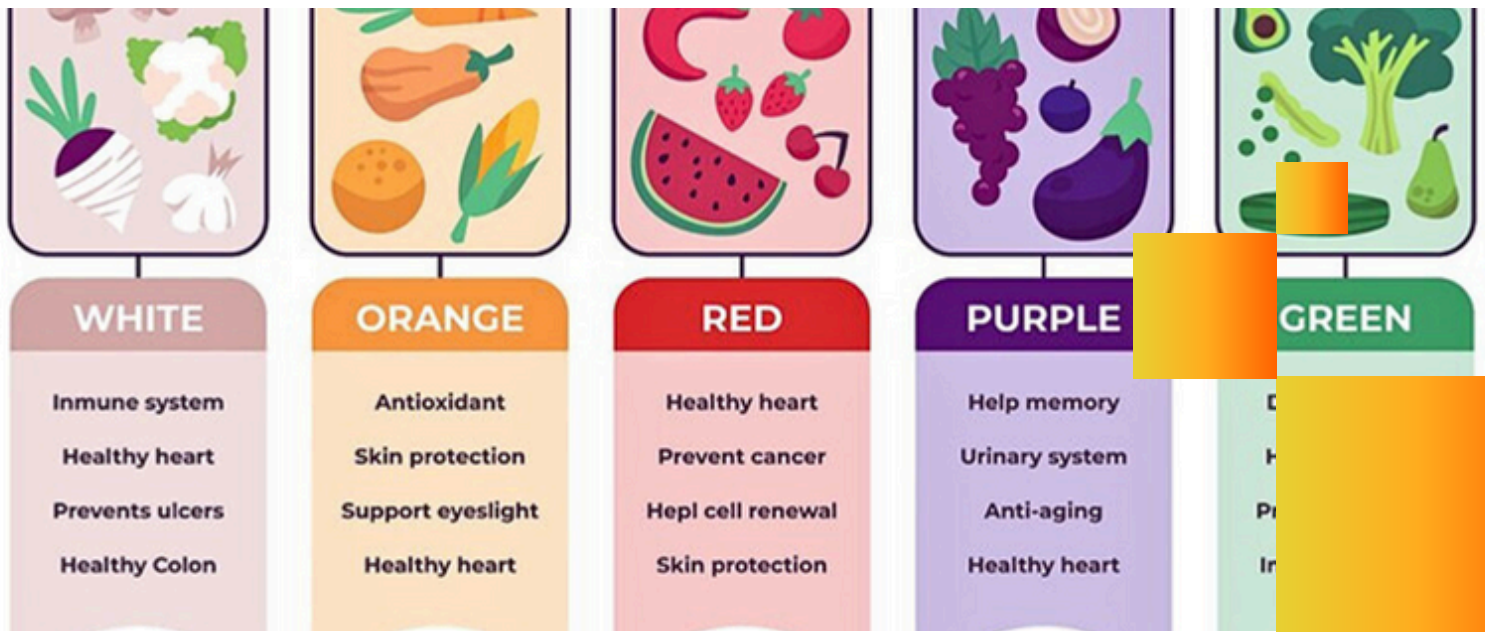
## Explanation of activity:

Slide 4: Nutritional needs change with age

Facilitator Notes: Discuss how aging impacts the body's metabolism, muscle mass, and nutrient absorption.

Slide 5: The colors of food

Facilitator Notes: Emphasize the importance of eating a variety of colorful foods for a balanced intake of nutrients.





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# Key nutrients for adults over 50 (10 minutes)

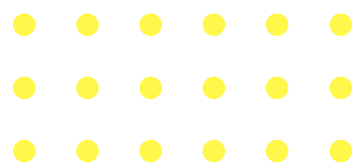
## Objective

Highlight the critical nutrients necessary for maintaining health after 50.

## Explanation of activity:

Slide 6: Key nutrients for adults over 50

Facilitator Notes: Focus on nutrients such as calcium, vitamin D, protein, fiber, and healthy fats. Explain why they are particularly important for older adults.







# Components of a balanced diet (15 minutes)

## Objective

Provide an overview of the components of a balanced diet.

## Explanation of activity:

Slide 7: The components of a balanced diet

Facilitator Notes: Introduce participants to macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins and minerals). Explain how to incorporate them into meals.





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# Portion sizes and aging (10 minutes)

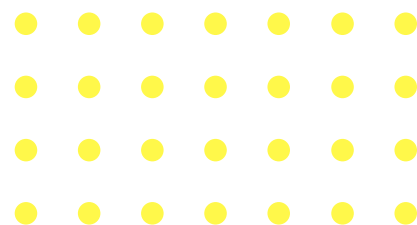
## Objective

Discuss how portion sizes should change with age due to metabolism and activity levels.

## Explanation of activity:

Slide 8: Portion sizes and age

Facilitator Notes: Explain the importance of portion control and how to adjust portions to meet reduced energy needs while still obtaining adequate nutrition.





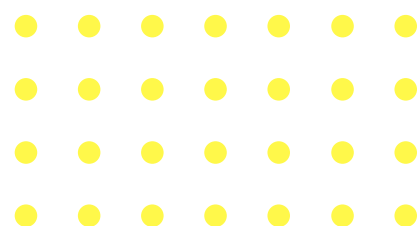
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# Healthy eating tips for adults over 50 (10 minutes)

## Objective

Share practical tips for maintaining a healthy diet.

## Explanation of activity:



Slide 9: Healthy eating tips

Facilitator Notes: Discuss actionable tips such as eating smaller, frequent meals, choosing nutrient-dense foods, and reducing processed foods.







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# Overcoming dietary challenges (10 minutes)

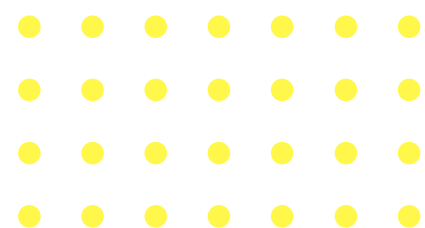
## Objective

Address common dietary challenges such as reduced appetite or food preparation difficulties.

## Explanation of activity:

Slide 10: Overcoming dietary challenges

Facilitator Notes: Offer solutions such as eating nutrient-dense snacks, using fresh and easy-to-prepare ingredients, and opting for seasonal fruits and vegetables.





# Importance of hydration and physical activity (10 minutes)

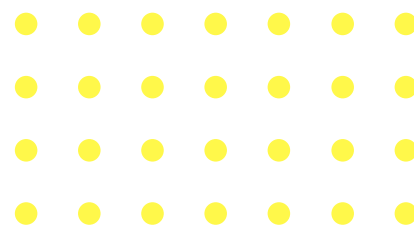
## Objective

Emphasize the role of hydration and exercise in supporting a healthy diet and lifestyle.

## Explanation of activity:

Slide 11: Importance of hydration and physical activity

Facilitator Notes: Discuss the importance of staying hydrated and engaging in light physical activities like walking or yoga.





# Sample balanced meal plan (10 minutes)

## Objective

Provide an example of a balanced meal plan for one day.

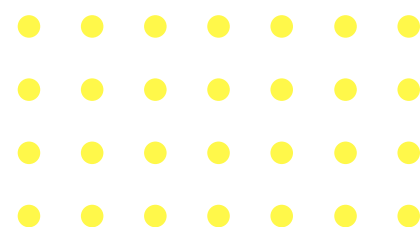
## Explanation of activity:

Slide 12: One day of balanced meals

Facilitator Notes: Walk through a sample meal plan, explaining how each meal is balanced and nutrient-dense.

Slide 13: Examples with plates

Facilitator Notes: Show visual examples of balanced plates to help participants understand proper portioning and meal composition.







# Group activity: creating a meal plan (30 minutes)

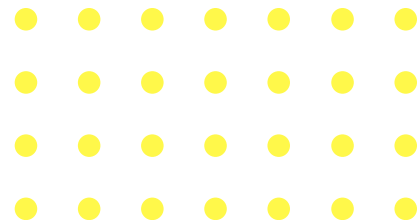
## Objective

Guide participants through creating their own meal plans based on the principles they've learned.

## Explanation of activity:

Slide 14: Creating your own meal plan

Facilitator Notes: Provide a blank meal planning template and ask participants to create their own meal plan. Have participants work in pairs or small groups to discuss and refine their plans.







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# Conclusion and Q&A (10 minutes)

## Objective

Recap the main takeaways and provide time for questions.

## Explanation of activity:

Facilitator Notes: Summarize the workshop and open the floor for any remaining questions. Offer additional resources and thank participants for attending.

