



Co-funded by
the European Union

Disclaimer: Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

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



THRIVE50+

Set of materials for the workshop



Title: Superfood for Seniors: Boosting
Health with Nutrient-Rich Choices

Project title:

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

Project No.:

2023-2-RO01-KA210-ADU-000184831

THRIVE 50+





FACILITATOR GUIDE

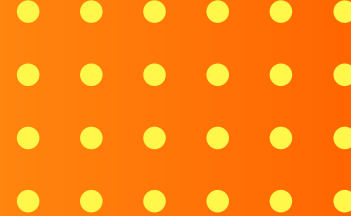


BASIC INFORMATION

As we age our bodies become more susceptible to various health issues, making it increasingly important to maintain a healthy diet. Superfoods, which are nutrient-dense foods packed with essential vitamins, minerals and antioxidants, can play a significant role in promoting health and well-being among people aged 50+. This workshop aims to educate participants about nutrient-rich foods that can help prevent common health issues related to aging, such as heart disease, diabetes, and others.



Co-funded by
the European Union



TARGET GROUP NEEDS

People over 50 face a lot of health challenges such as insufficient energy due to the lack of nutrient-dense foods. Adequate nutrition becomes essential as metabolism slows down and nutrient absorption decreases during this age. The 50+ group benefits from education on healthy eating, portion control, and nutrient-rich food choices such as superfoods, as well as the importance of hydration.



DURATION

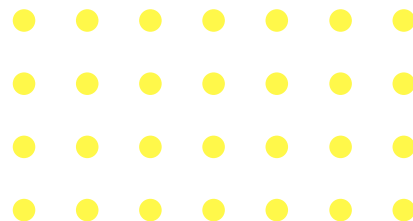
2-3 hours is a good time duration because it allows enough time to cover the best superfoods topic, practical recipes and tastings as such participants won't be under any form of pressure thereby allowing enough time for questions and answers.

NUMBER OF PARTICIPANTS

A small group size(2-15) improves personal interaction, which helps each participant receive adequate attention and can share experience relevant to their daily dietary challenges.

EDUCATIONAL OBJECTIVES

- Identifying common superfoods and their health benefits
- Understand the importance of superfoods for seniors' health
- Learn how to incorporate superfoods into daily meals.
- Share recipes and meal ideas featuring superfoods.





TECHNICAL AND EQUIPMENT REQUIREMENTS

- Projector for powerpoint presentation.
- Presentation slides
- Notepads and pens

MATERIALS

- Handouts with a list of superfoods recipes and their benefits
- Powerpoints slides or visual aids
- samples of superfoods
- Makers and pens
- Grocery shopping list

METHODS AND TECHNIQUES

- Interactive topics: Quick and easy superfood recipes and demonstrations on how to prepare simple nutrient-rich dishes.
- Group discussions on favorite: Encourage Participants to share if they already use any superfood.
- Practical meal planning: Each participant should create a one week meal plan incorporating at least one superfood in each meal.





Co-funded by
the European Union

Curriculum



THRIVE 50+





Activity: Welcome and introduction (15 minutes)

Objective

- Establish a welcoming atmosphere and introduce the workshop

Explanation of activity:

- **Warm Welcome:** Greet participants as they arrive, making sure to create a warm and welcoming atmosphere and make sure that everyone feels comfortable and included by engaging in small talks and showing genuine interest in their presence.
- **Facilitator Introduction:** Briefly introduce yourself as the facilitator by sharing a bit about your background and why you have so much interest in Superfoods. Explain your role in the workshop by emphasising that you're here to guide and support them in learning.
- **Workshop Overview:** Briefly explain the workshop objectives and the schedule for the day





Activity: Introduction to Superfood (20 minutes)

Objective

- Educate Participants on the concept of superfood and their health benefits particularly for people age 50+

Explanation of activity:

- Presentation : Define Superfood and their benefits using keywords like Nutrient density, high level of vitamins, minerals and health-boosting properties using slides.
- Examples of Superfoods: Highlight a few key superfoods

For heart health: Oats, avocados, salmon

For Bone strength: spinach, Kale, almonds

For brain Health: blueberries, Walnuts, Turmeric.

- **Group discussions:** Ask participants to share which of these foods they are familiar with or already eat regularly.
- **Materials:** Flipchart, Markers and handouts with a list of superfoods and their specific health benefits.





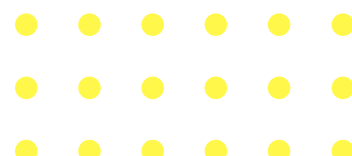
Activity: Practical learning and Tastings. (30 minutes)

Objective

- Show participants how easy it is to prepare meals using superfoods, and allow them to taste the results.

Explanation of activity:

- **Live Cooking Demo:** Lead a cooking demonstration featuring simple, nutrient-packed dishes that can easily be made at home.
 - a. Example dishes: Quinoa and avocado salad, chia seed pudding with berries, or a smoothie with spinach and fruit.
 - b. Explain how to prepare, cook, and store these foods.
 - c. Emphasise health benefits as you cook (e.g., quinoa is high in protein, berries are rich in antioxidants).
- **Tasting Session:** Serve the prepared dishes to participants. Encourage them to share their thoughts on the taste and ease of preparation.
- **Discussion:** Ask participants how they think they could incorporate these dishes into their own diets.
- **Materials:** Ingredients for demonstration (quinoa, berries, spinach, etc.), cooking supplies, recipe handouts.





Hydration and Health: Staying Well-Hydrated as You Age(15 mins)

Objective

Build rapport with participants and introduce the importance of hydration in aging.

Explanation of activity:

- Welcome Participants: Greet each person warmly and thank them for attending. Let them know the session is interactive and relaxed.
- Facilitator Introduction: Share who you are, your background in health/well-being, and why hydration is especially important to you or those 50+.
- Icebreaker Activity:
 - Ask: "What's one thing you drank today?"
 - This light question encourages everyone to reflect on their hydration habits and gets the group talking.
- Set the Tone:
 - Briefly explain that as we age, hydration becomes more essential and trickier to manage.
 - Highlight what will be covered: why hydration matters, how to stay hydrated, and how to recognize warning signs of dehydration.

🛠️ Materials: Name tags (optional), whiteboard/flipchart, markers





Why Hydration is Important for Older Adults(20 mins)

Objective

the main objectives is to educate participants on how aging affects hydration and why maintaining fluid intake is crucial for physical and cognitive health.

Explanation of activity:

- Presentation (Visuals Recommended):
 - Show that as we age, our body water content decreases, and our sense of thirst weakens.
 - Discuss reduced kidney function, changes in body composition, and how medications can increase fluid loss.
 - Explain water's role in digestion, nutrient delivery, joint lubrication, and brain function.
- Interactive Discussion:
 - Ask: "Have you noticed changes in your thirst or how often you drink water compared to when you were younger?"
 - Invite a few participants to share reflections.
- Materials: Flipchart or whiteboard, hydration visuals/fact sheets





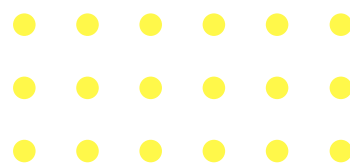
Practical Hydration Tips and Strategies(20 mins)

Objective

Provide practical strategies for maintaining hydration—especially for people who forget to drink or don't feel thirsty.

Explanation of activity:

- Presentation – Realistic Tips:
 - Drink regularly throughout the day, not just when thirsty.
 - Include water-rich foods like cucumber, oranges, melon in meals.
 - Use alarms, mobile apps, or notes on the fridge to remind you to drink.
 - Carry a reusable bottle—make water easily accessible.
 - Mix it up: herbal teas, flavored water, warm broths.
 - Interactive Activity:
 - Ask: “What are some tricks you use to stay hydrated?”
 - List participant suggestions on a whiteboard.
 - Visual Aid:
 - Show (or distribute) a hydration tracker template: Morning, mid-morning, lunch, mid-afternoon, dinner, evening.
- 🔧 Materials: Tips handouts, hydration schedule template, pens





Recognizing Signs of Dehydration(30 mins)

Objective

The main objective is to help participants identify signs of dehydration early and understand associated health risks.

Explanation of activity:

- Presentation – Recognizing Symptoms:
 - Mild Signs: Dry mouth, headache, fatigue, yellow urine
 - Moderate to Severe: Dizziness, confusion, fast heartbeat, very dark urine, low BP
- Interactive Matching Activity:
 - Hand out cards or read symptoms aloud.
 - Ask participants to classify them: mild, moderate, or severe.
 - Discuss which signs might be ignored or misunderstood.
- Discussion on Health Risks:
 - Chronic dehydration increases the risk of:
 - UTIs
 - Constipation
 - Kidney stones
 - Falls (especially dangerous in seniors)
 - Emphasize how staying hydrated helps prevent many avoidable ER visits.

🔧 Materials: Handouts with symptom lists, markers, flipchart/board



Q&A and Workshop Conclusion(15 mins)

Objective

this session aims to Summarize key lessons and empower participants to put hydration habits into daily practice.

Explanation of activity:

- Recap Main Takeaways:
- Aging reduces thirst—stay ahead of dehydration.
- Small, consistent habits (like having a water bottle) make a big difference.
- Learn to recognize signs early.
- Open Floor Q&A:
- Invite participants to ask anything related to hydration, superfoods, or personal challenges.
- Closing Note:
- Thank them sincerely for participating.
- Encourage applying at least 1 new hydration strategy this week.
- Hand out any final materials or feedback forms.

