

RED

ACTIVITY: DECISION MAKING

Purpose

1. Increase speed in decision making.
2. Improve ability to use reference material.
3. Improve understanding of the four basic food groups.

Supplies

Trial Sheets # 1-5, Performance Record, Food Choice List, stopwatch, pencil.

Activity Description/Session Strategies

In this exercise, the client is given a partly completed menu plan for one day. The client is asked to select appropriate food items from the Food List that is provided and write them on the blank lines to complete the menu plan. For example, on Trial # 1, the client needs to select one item from the Meat Group and add it to the breakfast menu. To do this, the client must review all of the possibilities in the Meat Group on the Food List, select one, and write it in the designated space. In general, the client should be instructed to select a given item no more than once per Trial or meal plan.

The client is given verbal instructions for these Trials. Written instructions serve as reminders on each Trial Sheet but are not complete or meant to be used as a substitute for verbal instructions provided by the therapist.

An Answer Key is not provided for this set of tasks. The client is instructed to review his work with the therapist upon its completion.