

ACTIVITY: CROSS-REFERENCING

Purpose

1. Improve ability to consider and coordinate two sources of information (Food Choice List and Serving Chart) to make appropriate choices.
2. Improve ability to use basic nutrition information in planning meals.
3. Provide a resource to use when planning meals on his own.

Supplies

Trial Sheets # 1-5, Performance Record, Food Choice List (see Red Trial), Serving Chart (Exhibit 4-1), Answer Checklist, stopwatch, pencil.

Activity Description/Session Strategies

The client is given verbal instructions for this set of Trials. To complete the work, the client is required to plan daily menus, making sure that each day's menu meets the requirements described in the Serving Chart. That means, for example, that the daily menu plan for an adult man should include two servings from the Milk Group, two servings from the Meat Group, four servings from the Vegetable & Fruit Group (one of which is a vitamin C source and one of which is a deep-yellow or dark-green vegetable), and four servings from the Bread & Cereal Group.

For each Trial, the client is given a specific individual for whom to plan a menu. On some Trials, the client is asked to plan menus for two days. An important requirement of this set of Trials is that the client may not use a food item more than once on a particular Trial. Therefore, if the client is asked to plan meals for two days, none of his food choices for Day 1 can be used on Day 2.

There is no Answer Key for this set of tasks, so the client is not required to correct his work independently. Rather, an Answer Checklist is provided for each Trial that the therapist uses in correcting the work with the client. For example, in Trial # 3, the client is required to plan meals for a pregnant woman. The Checklist for Trial # 3 has three lines under the Milk Group, two lines under the Meat Group, four lines under the Vegetable & Fruit (including reminders that there must be a source of vitamin C and a dark-green or deep-yellow vegetable), and four lines under the Bread & Cereal Group. The therapist puts an "X" on a line under the appropriate heading for each item the client lists on the menu to make sure that all of the dietary requirements for the task were met.

