

Dysphagia Class Outline

Intro:

- Welcome/Introduce ourselves
- Discuss purpose of class/overview of plans for class

Buying in season

- Ask class: why is it important to buy produce in season?
- Discuss benefits of eating in season
- Ask class: what fruits and vegetables are in season for spring?
- Handout of in season produce
- Discuss where to buy in season, locally grown produce

Modifying for dysphagia diet

- Discuss methods of modifying fresh fruits/veggies for dysphagia
- Discuss how to keep modified texture food tasty
- Hand out recipes for pea soup and mashed beets

Smoothie demo

- Spinach and banana smoothie
- Hand out recipes
- Demo how to make the smoothie and thicken according to needs
- Patients sample smoothie
- Discuss how to incorporate smoothie into meals

Wrap up

- Summarize what we have learned today
- Ask for any final questions

Handouts:

- Recipes
- Tips for improving taste
- Produce in season