CONVALESCENT

To regain good health and build up strength they **need:**



They are **recovering** from:
1. Illness
2. Accident
3. Operation



Repair & production of new cells



To build up immune system and wound healing

Their **characteristics** are
1. **Lack of appetite**
2. **Weak**
3. **Low level of energy**
4. **Poor digestion**



Repair fractured / broken bones



Small portion & avoid high fat & high energy food – they are inactive



Replenish blood lost during bleeding



Easy to eat, digest and attractive



To replace loss of water

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PYP QUESTION: CONVALESCENTS

June 2015

7 (b) Discuss the factors affecting the choice of foods for convalescents [7]

*So how to answer this type of question? You have to **DISCUSS**. Discuss means you have to give **reasons** and **examples** for each point that you give.

ANSWER:

(Please fill in the answer to complete the essay)

Convalescent is a person who _____.

One example of convalescent is those who had been in a car accident. They have _____ (more/ lack of) appetite, they are _____ (strong/ weak) because their energy level is _____(low/high). They have _____ (good/poor) digestion.

Provide them with _____ (little/ more) carbohydrate, since they are weak and inactive, eating _____(little/too much) carbohydrate could lead to obesity. Good source of carbohydrate for them such as _____. In their meal, a macronutrient called _____ should be added for the repair of the tissues and cells. Examples of foods are fish / lean meat.

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Since they had loss lots of blood after the accident/ operation, nutrient _____ (iodine/iron) should be added into their meal to replace and blood loss. Example of food is _____. For the better absorption of iron, another vitamin could also be included, it is the vitamin _____ (A / C), this vitamin can be found in citric fruits such as orange, lemon, kiwi, etc. Another vitamin which also very important for clotting the blood, the vitamin is vitamin _____ (E / K).

Aside from that, during the incident, the person might fractured/ broken their bones. Mineral _____ (fluoride / calcium) is very good for growth of the bone. Calcium can be found mostly in dairy products, such as _____. Vitamin _____ (B / D) could help the calcium to be absorbed efficiently.

To serve the meal, we need to remember that the convalescent have poor appetite and weak, therefore, the foods should be in a form of _____ (liquid / solid) and it has to be _____ (hard / soft) such as _____ (noodles /porridge). They should drink

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_____ (more / less) water or soup to replace fluid loss too. Avoid _____ (greasy / non-greasy) and _____ (non-spicy/ spicy) foods as these foods are difficult to digest. The meal should be _____ (big / small) portion as the appetites might be poor. Make sure the meals are _____ (attractive / unattractive) for them, so this will make them to eat their meal. Never ever serve them with leftover foods to avoid the possibility of contamination. Contamination can lead to _____ (food poisoning / happiness)

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