



Maggie Beer’s Big Mission is an ambitious world-first social experiment to transform the meals and dining experience for older adults living in residential care. Respected Australian food icon Maggie Beer AO and her team of experts work over four months to reinvigorate the menu, dining rooms, gardens and care model at an aged care residence in Perth, Western Australia. The focus is to bring more joy, improve nutrition and wellbeing, and give purpose to older adults, ultimately increasing quality of life for both residents and staff.

Maggie Beer’s Big Mission sparked a national conversation about aged care and the importance of nourishing meals and enriched dining experiences for older adults. We encourage you to join Maggie on her Big Mission – to ensure enhanced mealtimes for seniors becomes part of our national agenda. [Watch each episode and consider what you could replicate, advocate for nutritious meals for your loved one, and learn cooking tips in Maggie Beer’s Chef Challenge.](#)

Whether you are caring for an older adult at home, visiting a loved one in residential care or running therapy or lifestyle groups, we welcome you to help a senior to get involved in our meal time revolution! This mealtime activity pack will help you to engage an older adult in enriching activities that relate to food and meal times to encourage conversations, evoke fond food memories, and stimulate senses.

The activities have been carefully selected to stimulate all aspects of wellbeing – physical, emotional, psychological, social, cultural and spiritual. Encourage seniors to spend time outside learning about bush tucker, colouring in, planning their own sensory garden, or engaging in mindfulness. Get their neurons firing by deciphering fancy cooking terminology, sharing opinions using conversation starters, playing simple food-related dice games, or exploring the cultural aspects of food. Learn about nutrition and prepare some of Maggie’s delicious recipes. Use our invitation, score card and certificate templates to run a cooking or food tasting group.

ABC

“

Good food is crucial for older adults. The scent, the flavour and goodness of the food are essential and these elements stimulate the appetite to give pleasure and wellbeing for their involvement in life.

My aim is to enrich the lives of older people by sharing how simple beautiful food that will make such a difference to residents' lives and pride of the staff is possible through knowledge and skills training with management support.

Maggie Beer



Contents

Outdoor Activity Ideas for Seniors

| | |
|------------------------------|----|
| 1. Outdoor Activities | 8 |
| 2. Colouring In | 9 |
| 3. Mindfulness in the Garden | 10 |
| 4. Sensory Gardening | 12 |
| 5. Australian Bush Tucker | 14 |

Indoor Activity Ideas for Seniors

| | |
|---------------------------------|----|
| 6. Getting to Know Me | 18 |
| 7. This or That Game | 20 |
| 8. Mealtime Proverbs | 22 |
| 9. Mealtime Chat Cards | 23 |
| 10. Traditional Cultural Dishes | 26 |
| 11. Mealtime Lingo | 28 |
| 12. Food Related Dice Games | 29 |

In the Kitchen Activity Ideas for Seniors

| | |
|--|----|
| 13. Top Tips for Maximising Nutrition in Older Adults | 34 |
| 14. Maggie's Blueberry, Macadamia, and Coconut Smoothie | 37 |
| 15. Maggie's Speedy Banana Pancakes | 39 |
| 16. Maggie's Wattle Seed, Macadamia Nut and Chocolate Biscuits | 41 |
| 17. Maggie's Chocolate Brownies | 43 |
| 18. MBBM Invitation Templates | 44 |
| 19. MBBM Food Tasting Score Card | 45 |
| 20. Certificate Template | 46 |

Share photos of yourselves using the resources and cooking Maggie's delicious recipes with older adults on social media, using the hashtag #MaggieBeersBigMission



Outdoor Activity Ideas for Seniors

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Spending regular time outside can improve seniors' physical health by enhancing fitness, boosting the immune system, and promoting better sleep, while also reducing stress, improving mood, and increasing creativity.

*Julie Smith
Nurse from Maggie's team of experts*



1. Outdoor Activities

Consider engaging a senior in some of the following outdoor activities:

| ACTIVITY | EXAMPLE |
|--------------------------|--|
| Walking | Walk in the garden or around the neighbourhood, consider joining a walking group |
| Picnic | Enjoy an outdoor meal with family and friends |
| Maintenance | Mend furniture, clean outdoor furniture, sweep paths, rake leaves, clean windows |
| Gardening | Use your green thumbs to plant, water, weed, prune, or harvest |
| Plant Identifying | Try to name the plants you can see, there are apps that may help |
| Bird watching | Identify different bird species, make a bird feeder, or clean the bird bath |
| Reading | Enjoy reading a book, magazine or newspaper outside |
| Photography | Take photos of nature, landscapes, or wildlife |
| Fishing | Spend a peaceful day fishing in the river or ocean |
| Outdoor events | Enjoy outdoor concerts, fairs, farmers' markets, or community festivals |
| Scenic drives | Go for a drive through scenic routes, enjoy the views from various lookouts |
| Botanical gardens | Explore beautiful gardens and learn about different plant species |
| Wildflowers | Join a wildflower tour |
| Volunteering | Help with community clean-up events, tree planting, or other outdoor activities |
| Star gazing | Watch the stars and identify constellations during clear nights |
| Animals | Spend time with birds and animals at home, the zoo, wildlife park, animal farm, or sanctuary |
| Outdoor games | Play bocce, mini golf, croquet, quoits or bowls |
| Crafts | Engage in painting, drawing, crafting, or mindful colouring inspired by the surroundings |
| Mindfulness | Relax whilst engaging in simple mindfulness activities See the <i>mindfulness script</i> on page 10 . |

2. Colouring In



Colour in this mural image of some famous Western Australian flora and fauna, designed by Mel McVee, which was painted onto the courtyard balcony during the experiment. What species can you identify?

3. Mindfulness in the Garden

Slow down the pace by spending some time outside with an older person. Find a quiet and comfortable space to sit in the garden together to participate in this mindfulness activity.

Welcome

Welcome to this mindfulness practice in the garden.

Take a few moments to settle into this peaceful space, surrounded by the beauty of nature.

This time is for you to connect with the present moment and experience the garden with all your senses.

Take a moment to settle in

Take a deep breath in through your nose, and exhale slowly through your mouth.

Close your eyes if it feels comfortable, or keep them open, gazing at a point in front of you.

Notice the feeling of the earth beneath you, supporting you.

Breathe with nature

If you are able to do so, place your hands on your stomach.

Inhale deeply through your nose, feeling your stomach rise, and exhale through your mouth, feeling your stomach fall.

As you breathe, imagine you are inhaling the fresh, clean energy of the garden and exhaling any tension or stress.

Feel the stability and support of the earth beneath you.

Allow any tension to flow out of your body.



Engage the senses

SOUND

Focus on the sounds around you. Hear the rustle of the leaves, the chirping of birds, the hum of insects. Let each sound come to you without trying to label or judge it.

SMELL

Take a deep breath in and notice any scents in the air. Perhaps you can smell the fresh earth, the fragrance of flowers, or the scent of herbs. Allow yourself to enjoy these natural aromas.

SIGHT

Open your eyes and take in the colours, shapes, and textures around you. Notice the variety of plants, flowers, and trees. Observe the way the sunlight plays on the leaves and petals.

TOUCH

Gently reach out to touch a plant. Feel the texture and temperature. Notice how it feels against your skin, whether it's smooth, rough, cool, or warm.

TASTE

If it's safe and appropriate, pick a piece of an herb and taste it. Notice the flavours and textures in your mouth, experiencing it fully.



Express gratitude

Take a moment to be grateful for the garden and its natural beauty.

Think of something specific that you appreciate about this moment in the garden.

Slowly bring your awareness back to your surroundings, gently moving your fingers and toes.

Thank you for joining this mindfulness practice in the garden.

Carry this sense of peace and presence with you as you go about your day.

4. Sensory Gardening

When Josh Byrnes refreshed the outdoor spaces at Meath Care with the help of resident gardeners, plants were selected to stimulate all senses.

These are the species that were planted in the kitchen, courtyard and balcony gardens during the experiment.

Instructions:

Research each of these species online or at your local garden centre and consider questions like:

- How do you think it got its name?
- How do you pronounce its botanical name?
- What does it look like? Consider colour, flowers, leaves, height, shape
- What are its preferred growing conditions? Consider sun / shade, soil type, season, water requirements
- Which sense/s would it stimulate? Consider sight, smell, touch, and taste
- Have you ever grown them in your garden?
- Have you ever foraged for any of them?
- How may you use them in your cooking?
- Which ones would you like to feature in your garden?



Would you consider forming a seniors' gardening club?

Herbs

- Coriander (*Coriandrum Sativum*)
- Italian Parsley (*Petroselinum Hortense*)
- Lemon Grass (*Cymbopogon Citratus*)
- Mexican Tarragon (*Tagetes Lucida*)
- Rosemary (*Rosmarinus 'Tuscany Blue'*)
- Sweet Basil (*Ocimum Basilicum*)
- Thyme (*Thymus Vulgaris*)
- Tri Colour Sage (*Salvia Officinalis Tri Colour*)
- Variegated Oregano (*Origanum Vulgare 'Country Cream'*)

Fruits

- Brown Turkey Fig (*Ficus Carica*)
- Eureka Lemon (*Citrus Limon*)
- Makrut Lime (*Citrus Hystrix*)
- Sweet Temptation Fig (*Ficus Carica*)
- Tahitian Lime (*Citrus Aurantifolia*)

Flowering Plants

- Fairy Fan Flower (*Scaevola Aemula 'Purple Fanfare'*)
- Fan Flower (*Scaevola Hybrid 'Sparkle PBR'*)
- Federation Daisy (*Argyranthemum 'Sunday Best'*)
- Flat or Clay Wattle (*Acacia Glaucoptera*)
- Grey Cottonhead (*Conostylis Candicans*)
- Hairy Guinea Flower (*Hibbertia Vestita 'Golden Sunburst'*)
- Japanese Wisteria (*Wisteria Floribunda 'Royal Purple'*)
- Lilly Pilly (*Syzygium Australe 'Hinterland Gold'*)
- Mountain Daisy (*Brachyscome 'Jumbo Mauve'*)
- Natal Lily (*Clivia Miniata*)
- Native Wisteria (*Hardenbergia Violacea 'Sea of Purple'*)
- Pink flowered Myrtle (*Hypocalymma Angustifolium*)
- Red Kangaroo Paw (*Anigozanthos 'Bush Rampage'*)
- Society Garlic (*Tulbaghia Violacea*)
- Spanish Lavender (*Lavandula Stoechas 'Avonview'*)



5. Australian Bush Tucker

For thousands of years, Indigenous Australians have lived off the land, using bush tucker as a primary source of sustenance. Help seniors to learn about bush tucker and its cultural significance.

What is bush tucker?

Australian 'bush tucker' or 'bush food' refers to edible flora and fauna native to Australia. Australian bush tucker is a nutritious and sustainable food source.

What is the significance of bush tucker?

Bush tucker is incredibly diverse, with over 5,000 species of plants and animals that can be consumed. Many of these foods are high in protein, fibre, and other nutrients. Many of the plants and animals used in bush tucker have evolved to survive in Australia's harsh environment, making them well-adapted to changing climate conditions. For Indigenous Australians, bush tucker is an important part of their cultural heritage and is deeply intertwined with their spiritual beliefs and traditions.

The following are examples of well-known bush tucker foods.

MACADAMIA NUT



The macadamia nut is one of Australia's most famous bush tucker foods. The macadamia nut is rich in protein and healthy fats, making it an excellent snack or ingredient in a wide range of dishes

How would you describe the flavour of a macadamia nut? Do you prefer to eat the nut on its own, or covered in chocolate?

Make Maggie's Blueberry, Macadamia, and Coconut Smoothie on [page 37](#)

KAKADU PLUM



The Kakadu Plum is a popular bush tucker food that is known for its high levels of vitamin C. The plum has been used for thousands of years by Indigenous Australians for both its nutritional and medicinal properties. It is commonly used in sauces, jams, and chutneys and is also eaten raw.

Have you tried the Kakadu plum? What do you think it would taste like – sweet or sour?



**What are some other examples of bush tucker?
Have you ever been on a bush tucker tour?**

WATTLESEED



Wattleseed is a unique bush tucker food that is often used as a coffee substitute. The seed is roasted and ground, creating a nutty, earthy flavour that is similar to coffee, but without the caffeine. Wattleseed is also used in a range of other dishes, including bread, cakes, and ice cream.

Imagine the texture of the wattleseed. Would you consider replacing your morning coffee with wattleseed?

Bake Maggie's Wattle Seed, Macadamia Nut and Chocolate Biscuits on [page 41](#)

WITCHETTY GRUB



Witchetty grubs are one of the most well-known bush tucker foods. These large, white larvae of the cossid moth, are typically found in the roots of Australian trees, including acacias and eucalypts. They are typically eaten raw or lightly cooked, and are considered a good source of protein and fat. They are believed to have healing properties and are often used in traditional ceremonies.

Would you be brave enough to try a Witchetty grub? How would you eat it?



Indoor Activity Ideas for Seniors

6. Getting to Know Me

Instructions:

Use this template to learn more about your loved one and their preferences – print in A3 and add their responses. If there are other people who help to care for your loved one, this completed tool makes a great conversation starter.

| | |
|--|--|
| <p>My preferred name:</p> <p>My birthday:</p> | <p>Three words to describe me:</p> <p>What I did for work:</p> |
| <p>Things I like to talk about:</p> <p>I am proud of:</p> | <p>My special people:</p> <p>My favourite pets/animals:</p> |
| <p>My favourite hobbies, interests, music, locations:</p> | <p>My culture:</p> <p>My religion:</p> |
| <p>Places I have lived:</p> <p>Places I have worked</p> | <p>My favourite food/drink:</p> <p>Food/drinks I don't enjoy:</p> |
| <p>Things Important to me:</p> | <p>My wish for the future:</p> |

“

To deliver person-centred care, we need to really get to know our older adults, and ensure that their opinions are sought, heard and valued.

Elizabeth Oliver

Occupational Therapist from Maggie's team of experts



7. This or That Game

Use these prompts to help older people express their opinions on matters relating to food and mealtimes. Remember, there are no right or wrong answers!

Instructions:

1. Print and laminate the cards (note: you may want to enlarge to A3) and cut them out.
2. Read out a card.
3. Encourage each participant to share their opinion and give a reason for their choice.
4. Have a chat about each topic.



Runny egg yolk
OR
Cooked egg yolk

Fresh salad
OR
Steamed vegetables

Chicken
OR
Fish

Beef
OR
Lamb

Chopsticks
OR
Knives & Forks

Pizza
OR
Pasta

Sweet
OR
Savoury

Roast
OR
Stew

Cream
OR
Custard

Pudding
OR
Pavlova

Eating at the dining table
OR
Eating in front of the TV

Pasta
OR
Rice

Dining in
OR
Dining out

Dining alone
OR
Dining with others

Early dinner
OR
Late dinner

Eating indoors
OR
Eating outside

Casual dining
OR
Fine dining

Spicy or rich food
OR
Plain food

8. Mealtime Proverbs

It's important to keep the mind active – as they say 'use it or lose it'!
These proverbs capture a variety of ideas and wisdom related to food, drink, and mealtimes.

Instructions:

Read out the first half of the proverb so that the older person can finish it off.
Ask them to explain what each proverb means along the way

1. An apple a day... keeps the doctor away
2. You are what you... eat
3. Too many cooks... spoil the broth
4. The early bird... catches the worm
5. A watched pot... never boils
6. You can't have your cake... and eat it too
7. To bite off more... than you can chew
8. Half a loaf... is better than none
9. Don't cry over... spilt milk
10. Hunger is the best... sauce
11. The proof is in the... pudding
12. You can't make an omelette without... breaking eggs
13. Variety is the spice... of life
14. It's no use boiling your cabbage... twice
15. Fine words butter no... parsnips
16. In wine, there is... truth
17. Man does not live by... bread alone
18. A belly full of gluttony will never... study willingly



Can you think of any other proverbs?



9. Mealtime Chat Cards

Use the discussion cards on the following pages to engage an older person in discussion about mealtimes. Remember the focus isn't to get through all the cards quickly, it is to listen and connect with the senior as they share their stories.

Instructions:

1. Print and laminate the cards (note: you may want to enlarge to A3) and cut them out.
2. Take turns to select a card.
3. Encourage each participant to share their answer to each question and celebrate similarities and differences in the responses.



“ Social interaction helps to reduce feelings of loneliness and promotes mental and emotional well-being.

Natalie O'Brien

Speech Pathologist from Maggie's team of experts



What edible treats would you typically get in your Christmas stocking?

What were some ways to make food go further when times were hard?

Sing a song that mentions food

Do you prefer cooking or tidying up?

If you could have a meal with anyone, who would it be and why?

Share a jingle from a TV commercial about food

Describe the sorts of lollies you enjoyed in childhood

What produce have you grown (e.g. herbs, fruit, vegetables, etc)

What is your favourite soup?

Have you ever cooked something that was a flop?

Have you ever caught a meal?

What produce have you foraged for (e.g. berries, lemons, mushrooms, etc)

What is your favourite sandwich filling?

What is your favourite sweet treat?

Have you ever made chutneys, pickles, or other preserves?

Describe your perfect cup of tea or coffee

What is your favourite savoury snack?

Describe a time when you have entertained guests

Describe how you kept food cold when you were young

Describe the stove / oven you had when you were young

Where do you like to go when dining out?

Describe your signature dish

Describe how you like your eggs cooked?

What condiments do you like?

What is your favourite food / drink?

Who has been the biggest influence on your cooking?

Which of your recipes would you like to share with your family?

Which foods / drinks do you associate with celebrations like Christmas or birthdays?

10. Traditional Cultural Dishes

Mealtimes play a crucial role in the transmission of cultural heritage, including culinary traditions, etiquette and rituals. Mealtimes provide a structured opportunity for social interaction and the reinforcement of familial community bonds, often reflecting traditional values and practices.

Instructions:

Each of these dishes is a staple in its respective culture, showcasing unique flavours, ingredients, and culinary techniques. Work together with a senior to try to match each traditional dish to its respective culture. Brainstorm additional dishes from these and other cultures, and consider which dishes the senior enjoys or may like to try.

Traditional dishes:

| | | | | |
|----------------|-------------|-------------|------------------|---------------|
| Coq au Vin | Spanakopita | Samosas | Guacamole | Pão de Queijo |
| Gazpacho | Feijoada | Peking Duck | Churros | Kitfo |
| Ratatouille | Tagine | Green Curry | Fried Rice | Moussaka |
| Sushi | Risotto | Brigadeiro | Ramen | Hummus |
| Bibimbap | Kebabs | Doro Wat | Injera | Meze |
| Lasagna | Biryani | Kimchi | Margherita Pizza | Tempura |
| Butter Chicken | Tacos | Enchiladas | Harira Soup | Falafel |
| Dim Sum | Pad Thai | Couscous | Tom Yum Soup | Bulgogi |
| Paella | Souvlaki | Baklava | Tabbouleh | Crème Brûlée |

Cultures:

| | | |
|--|--|---|
| Italian 1. 2. 3. Other dishes: | Indian 1. 2. 3. Other dishes: | Greek 1. 2. 3. Other dishes: |
| Moroccan 1. 2. 3. Other dishes: | Turkish 1. 2. 3. Other dishes: | Japanese 1. 2. 3. Other dishes: |
| French 1. 2. 3. Other dishes: | Brazilian 1. 2. 3. Other dishes: | Thai 1. 2. 3. Other dishes: |
| Ethiopian 1. 2. 3. Other dishes: | Mexican 1. 2. 3. Other dishes: | Chinese 1. 2. 3. Other dishes: |
| Spanish 1. 2. 3. Other dishes: | Korean 1. 2. 3. Other dishes: | Lebanese 1. 2. 3. Other dishes: |

| CULTURE | TRADITIONAL DISHES |
|---------|--------------------|
| | |
| | |
| | |

Answers:
 Italian – Lasagna, Risotto, Margherita Pizza; Japanese – Sushi, Ramen, Tempura; Mexican – Tacos, Enchiladas, Guacamole; Indian – Butter Chicken (Murg
 Makhan), Biryani, Samosas; French – Coq au Vin, Ratatouille, Crème Brûlée; Chinese – Peking Duck, Dim Sum, Fried Rice; Greek – Moussaka, Souvlaki,
 Spanakopita, Thai – Pad Thai, Green Curry (Gaeng Keow Wan), Tom Yum Soup; Spanish – Paella, Gazpacho, Churros; Moroccan – Tagine, Couscous, Harira
 Soup; Brazilian – Feijoada, Pão de Queijo, Brigadeiro; Korean – Kimchi, Bibimbap, Bulgogi; Turkish – Kebabs, Baklava, Meze; Ethiopian – Injera, Doro Wat, Kitfo;
 Lebanese – Tabbouleh, Hummus, Falafel

11. Mealtime Lingo

There is a lot of technical language when it comes to recipes and cooking techniques. Have a discussion with a senior to decipher these terms.

Instructions:

Look at the term and try to guess the correct pronunciation and definition. Encourage creative responses! Ask participants if they have ever utilised any of these techniques, or if they would like to learn more about them.

| Term | Definition | Term | Definition |
|------------------|------------|--------------|------------|
| 1. Amandine | | 11. Fool | |
| 2. Bain-Marie | | 12. Ganache | |
| 3. Béchamel | | 13. Julienne | |
| 4. Brodo | | 14. Macerate | |
| 5. Brunoise | | 15. Nappe | |
| 6. Chiffonade | | 16. Poach | |
| 7. Confit | | 17. Roux | |
| 8. Deglaze | | 18. Umami | |
| 9. Duxelles | | 19. Veloute | |
| 10. En Papillote | | 20. Zest | |

What other fancy cooking terms do you know?

| | |
|---|-----|
| 1. Amandine - A dish garnished with almonds. | 1. |
| 2. Bain-Marie - A water bath used to gently heat or cook food. | 2. |
| 3. Béchamel - A white sauce made from milk thickened with a roux, one of the five "mother sauces" in French cuisine. | 3. |
| 4. Brodo - An Italian term for broth. A clear, flavourful liquid made by simmering meat, bones, vegetables, and aromatics in water, which can be consumed as a soup or used as a base for other dishes. | 4. |
| 5. Brunoise - A knife cut where vegetables are diced into very small, uniform cubes, typically 1/8 inch. | 5. |
| 6. Chiffonade - A slicing technique where leafy greens or herbs are rolled into a cylinder and sliced into thin strips. | 6. |
| 7. Confit - A method of cooking food in its own fat at a low temperature, commonly used for duck. | 7. |
| 8. Deglaze - The process of adding liquid to a hot pan to loosen and dissolve food particles and caramelized parts stuck to the bottom. | 8. |
| 9. Duxelles - A finely chopped mixture of mushrooms, onions, and herbs sautéed in butter, used as a stuffing or garnish. | 9. |
| 10. En Papillote - A cooking method where food is wrapped in parchment paper and baked, allowing it to steam in its own juices. | 10. |
| 11. Fool - A traditional British dessert made by folding pureed or stewed fruit into sweetened whipped cream or custard, typically served chilled. | 11. |
| 12. Ganache - A rich mixture of chocolate and cream, used as a filling or glaze for pastries and desserts. | 12. |
| 13. Julienne - A knife cut where food, usually vegetables, is sliced into thin, matchstick-like strips. | 13. |
| 14. Macerate - To soak fruit in liquid (often alcohol or sugar) to soften it and enhance its flavor. | 14. |
| 15. Nappe - A term describing the desired consistency of a sauce, thick enough to coat the back of a spoon. | 15. |
| 16. Poach - Cooking food gently in simmering liquid, usually water, broth, or wine. | 16. |
| 17. Roux - A mixture of flour and fat cooked together and used as a thickening agent in sauces and soups. | 17. |
| 18. Umami - One of the five basic tastes, described as savory and often associated with foods like mushrooms, soy sauce, and aged cheeses. | 18. |
| 19. Veloute - A classical French sauce made from a light stock thickened with a roux. | 19. |
| 20. Zest - The outermost layer of citrus fruit peel, used for its aromatic oils to flavour dishes. | 20. |

Answers:

12. Food Related Dice Games

Enjoy these simple dice games for two-players, they are perfect for an intergenerational visit with an older adult

Fruit Vegetables Dice Game

Equipment required:

- Printed template
- 2 x counters
- 1 x dice *Tip: roll the dice into a plastic bowl/container to prevent it from rolling off the table*

Instructions:

1. Each player to put their counter on their team's starting line
2. Take turns to roll the dice, moving the counter along the path towards the finish
3. The person who goes past the finish line first is the winner
4. Make the game harder by trying to roll the exact number to land on the finish line
5. Create a tally of who wins the most games



Sweet vs Savoury Dice Game

Equipment required:

- Printed game template
- 1 x counter
- 1 x dice *Tip: roll the dice into a plastic bowl/container to prevent it from rolling off the table*



Instructions:

1. Choose your team (sweet or savoury)
2. Put the counter on the middle starting box
3. Take turns to roll the dice, moving the counter along the path towards your team's end
4. The person who goes past their team's finish line first is the winner
5. Create a tally of who wins the most games



**In the Kitchen
Activities for
Seniors**

13. Top Tips for Maximising Nutrition in Older Adults

Emma Falconer, Dietitian from Maggie Beer's Big Mission, suggests the following simple ways to promote healthy eating in older adults:

1

Eat a Balanced Diet

Eat a variety of foods from all five food groups including lean meats, fish, beans/legumes, fruits, vegetables, wholegrains, and dairy. This will help you to consume a range of essential vitamins and minerals such as vitamin B12, vitamin D, calcium, and omega-3 fatty acids.

2

Stay Hydrated

Aim for 8 glasses (1500mL-2000mL) of fluid a day to prevent dehydration, this can include tea, coffee, water, juice or foods with a high-water content like watermelon.

3

Maximise Protein Intake

Try to include high-quality protein sources in every meal AND snack such as lean meats, fish, eggs, beans, and legumes to maintain muscle mass and strength.

4

Avoid Too Much Salt

Use herbs and spices to enhance the flavour of foods, making meals more enjoyable and appealing, especially if smell and taste have dulled with age.

5

Eat Every 2-3 hours

Consider having six smaller meals throughout the day to increase energy and protein intake. Snacks are a very important tool in ensuring adequate intake in the older adult.

6

Increase Visual Appeal

Ensure that each meal looks appetising on the plate by including foods of different colours and textures, and considering the way it is plated.

7

Choose Healthy, Protein-filled Snacks

Opt for nutrient-dense snacks like nuts, yoghurt, cheese and crackers, 4-bean mix, a glass of milk or a tin of tuna.

8

Increase Fibre

Include plenty of fibre-rich foods, such as wholegrains, fruits, vegetables, and legumes, to promote healthy digestion and prevent constipation.

Quick ways to increase nutrition include:

- Making every mouthful count by making food nutrient-dense
- Including a source of protein with each meal and snack
- Ensuring adequate fluid and fibre to prevent constipation

One way that I can increase my nutrition is:

14. Maggie's Blueberry, Macadamia, and Coconut Smoothie

As featured in Maggie's Recipe for Life Cookbook

This smoothie is packed with essential nutrients like antioxidants, electrolytes, potassium, vitamin C, fibre and healthy monounsaturated fats.

Serves 2

Ingredients

- 125g fresh or frozen blueberries
- 150g ripe fresh or frozen banana
- 3 tablespoons raw macadamia nuts
- 200ml natural coconut water
- 1 tablespoon chia seeds
- 1-2 tablespoons of lemon juice to taste
- 100g ice cubes (unless using frozen fruit)
- Small handful of mint leaves, to serve

Method

1. Place all ingredients (except for the mint) into the jug of a high-powered blender.
2. Blend until smooth and creamy.
3. Pour into two glasses, top with mint leaves, and serve immediately.

| TEXTURE MODIFICATION | | | |
|----------------------|--|--------------------|--|
| IDDSI Level | Comments | IDDSI Level | Comments |
| 7 Regular | Suitable | 0 Thin | Suitable |
| 7 Easy to Chew | Suitable | 1 Slightly thick | Omit macadamia nut & chia seeds & compliance test* |
| 6 Soft & Bite Sized | Suitable | 2 Mildly thick | |
| 5 Minced & Moist | Suitable | 3 Moderately thick | |
| 4 Pureed | Omit macadamia nut & chia seeds & compliance test* | 4 Extremely thick | |

*For compliance testing guidelines, please refer to [IDDSI - IDDSI Testing Methods](#)

Tip: The macadamia nut is an Australian bush tucker food that is an excellent source of protein, fibre and antioxidants. Learn more about bush tucker foods on [page 14](#).





15. Maggie's Speedy Banana Pancakes

As featured in Maggie's Recipe for Life Cookbook

Serves 2

Ingredients

- 1 large ripe banana
- 1 free range egg
- 1 tablespoon coconut flour or wholemeal spelt flour
- 1 tablespoon extra-virgin coconut oil
- Natural yoghurt to serve

Method

1. Mash banana in a bowl.
2. Whisk in egg and flour (Tip: if the mixture looks too runny, add a touch more flour).
3. Heat a medium frying pan over low-medium heat (Tip: too-high heat may cause the outside of the pancake to over-cook whilst the inside remains raw).
4. Heat oil in the pan.
5. Pan fry tablespoons of batter until golden on both sides.
6. Serve pancakes warm with yoghurt.

| TEXTURE MODIFICATION | |
|----------------------|--|
| IDDSI Level | Comments |
| 7 Regular | Suitable |
| 7 Easy to Chew | Compliance test* |
| 6 Soft & Bite Sized | Cut into 1.5cm x 1.5cm and compliance test* |
| 5 Minced & Moist | Cut / mash into 0.4cm x 0.4cm sized pieces and mix with custard/yoghurt/cream and compliance test* for both particle size and texture. |
| 4 Pureed | Blend with custard/yoghurt/cream until completely smooth and compliance test* |

*For compliance testing guidelines, please refer to [IDDSI - IDDSI Testing Methods](#)

Tip: A nutrient is a substance obtained from food that is used by the body to provide energy, support growth and development, and maintain and repair tissues. Nutrients are essential for life and include carbohydrates, proteins, fats, vitamins, minerals, and water. These pancakes provide a source of dietary fibre, potassium, and vitamin C. Natural yoghurt contains probiotics.



16. Maggie’s Wattle Seed, Macadamia Nut and Chocolate Biscuits

Makes about 22

Ingredients:

- 95g roasted macadamia nuts, finely chopped
- 110g unsalted butter, softened
- 95g soft brown sugar
- 1 tablespoon ground wattle seed
- 1 teaspoon vanilla extract
- 1 large free-range egg
- 115g white spelt flour
- ½ teaspoon baking powder
- ¼ teaspoon sea salt
- 80g dark chocolate (over 70% cocoa solids), coarsely chopped
- Macadamia nuts and chocolate buttons to decorate

Method:

1. Preheat the oven to 160°C (fan-forced).
2. Grease and line 2 baking trays with baking paper.
3. Using an electric mixer beat the butter, sugar, ground wattle seed and vanilla for 3-4 minutes, scraping down the sides occasionally, until light and fluffy (Tip: use the paddle attachment on the mixer if you have one).
4. Add the egg to the mixture and combine well.
5. In a separate bowl, sift together the flour, salt and baking powder.
6. Add the dry mixture to the butter mixture and beat on low speed just until the dough comes together.
7. Add the chopped macadamia nuts and chopped chocolate and stir until well combined.
8. Roll tablespoons of mixture into balls.
9. Place onto prepared trays, press down slightly, and top with a chocolate button or macadamia nut.
10. Bake for 15 minutes or until golden around the edges.
11. Remove from the oven and stand on the trays for 5 minutes before transferring to a wire rack to cool completely.
12. Store in an airtight container.

| TEXTURE MODIFICATION | |
|----------------------|---|
| IDDSI Level | Comments |
| 7 Regular | Suitable |
| 7 Easy to Chew | These biscuits may be modified for those on texture modified diets, using various methods (e.g. soaking and then mixing with custard/yoghurt/cream to achieve correct consistency). Compliance test* for both particle size and texture at all times. |
| 6 Soft & Bite Sized | |
| 5 Minced & Moist | |
| 4 Pureed | |

*For compliance testing guidelines, please refer to [IDDSI - IDDSI Testing Methods](#)

Tips: Wattle seed and macadamia nuts are Australian bush tucker foods. Wattle seed contains protein, calcium, iron, selenium and zinc. Macadamia nuts are high in healthy monounsaturated fats, antioxidants, and fibre. Learn more about bush tucker foods on [page 14](#).



17. Maggie's Chocolate Brownies

Now for something decadent!

As long as each ingredient is confirmed to be gluten-free, the recipe will be suitable for those avoiding gluten.

Makes 24

Ingredients:

- 125g dark chocolate (over 70% cocoa solids)
- 125g butter, soft, cubed
- 4 large eggs
- 275g caster sugar
- ½ teaspoon vanilla essence
- 155g rice flour, sifted
- Unsweetened cocoa for dusting

Method:

1. Preheat oven to 160°C.
2. Line the base and sides of a 20cm x 30cm baking tin with baking paper.
3. Melt the chocolate and butter in a small heat-proof bowl in the microwave in short bursts, stirring occasionally, until smooth. Set aside to cool.
4. Cream together the eggs, sugar and vanilla until pale and fluffy.
5. Beat in the cooled chocolate mixture.
6. Stir in the flour and mix until smooth.
7. Spoon the mixture into the prepared baking tin and smooth the surface
8. Bake for 30 minutes until the top has formed a crust (Note: middle may still be a bit gooey).
9. Allow to cool in the tin.
10. Remove from tin, dust with cocoa, and cut into squares.
11. To serve, consider accompanying with dried fruit such as pitted prunes, or serving with ice-cream or an anglaise.
12. Store in an airtight container.

| TEXTURE MODIFICATION | |
|----------------------|---|
| IDDSI Level | Comments |
| 7 Regular | Suitable |
| 7 Easy to Chew | Remove crust top and compliance test* |
| 6 Soft & Bite Sized | Remove crust top, cut into 1.5cm x 1.5cm and compliance test |
| 5 Minced & Moist | Cut / mash into 0.4cm sized pieces and mix with custard/ yoghurt/cream and compliance test* |
| 4 Pureed | Blend with custard/yoghurt/cream until completely smooth and compliance test* |

*For compliance testing guidelines, please refer to [IDDSI - IDDSI Testing Methods](#)

18. MBBM Invitation Templates

Use these templates to invite older adults to attend a food-themed activity



Maggie Beer Cooking Session

Dear _____
 Please join us to cook some of Maggie Beer's recipes.
 Date: _____
 Time: _____
 Location: _____
 We look forward to seeing you there!



Maggie Beer Food Sampling Session

Dear _____
 Please join us to sample some of Maggie Beer's recipes and vote on how they taste.
 Date: _____
 Time: _____
 Location: _____
 We look forward to seeing you there!

19. MBBM Food Tasting Score Card

Encourage older adults to share their feedback during the cooking sessions or food tasting sessions using the following score card.

Name: _____

Name of dish trialled: _____

| | POOR | AVERAGE | EXCELLENT | COMMENT |
|-------------|------|---------|-----------|---------|
| Appearance | | | | |
| Smell | | | | |
| Taste | | | | |
| Temperature | | | | |
| Texture | | | | |
| Quantity | | | | |

Overall, what would you rate this dish out of 10?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | | | | | | | | | |



How could we improve this dish _____

Other comments _____

20. Certificate Template

Use these certificate templates to thank seniors for participating in Maggie's interactive activities relating to food and mealtimes



Stream Maggie Beer's Big Mission on [ABC iview now](#)

Please share your efforts on social media!

We would love more people to find out about Maggie Beer's Big Mission. When posting on social media, please add the following tags:

#MaggieBeersBigMission

#EveryMouthfulCounts



Activities have been designed by Elizabeth Oliver, Occupational Therapist and Care Change Consultant for Maggie Beer's Big Mission

Disclaimer:

These activity ideas are intended to be used as a method of engaging older adults in meaningful activities relating to food and mealtimes.

For more specialized advice on how to engage an older adult, please consult a qualified health professional.

The author is not responsible for, and accepts no liability for, any loss, costs or damages that you or your participant/s may incur from participating in these activities.



ABC