

A close-up photograph of an elderly person's face, focusing on their mouth and hand as they hold a clear glass filled with water. The person's skin is wrinkled, and they are wearing a white garment. The background is a solid light blue. The 'savona' logo is positioned in the top right corner.

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# Nutrition & Hydration Activity Pack

# Strawberry Ice Lollies



## INGREDIENTS

300ml yoghurt  
125g fresh strawberries  
50g caster sugar

## METHOD

Hull the strawberries and place into a food processor with the sugar and yoghurt

Blend until smooth

Pour the mixture into ice lolly moulds and place into the freezer for a few hours or overnight

Serve when frozen

Don't like strawberries? Why not try using raspberries or blueberries instead!

DID YOU KNOW...

1 cup of plain yoghurt is  
more than 75% water!

## TOP TIP

Blend the strawberries separately & push through a strainer first to remove any pips!





# Watermelon & Feta Salad



Did you know...

Not only is Watermelon made up of 92% water...

an 80g serving also counts as one of your five-a-day!\*

## INGREDIENTS

- |                               |                    |
|-------------------------------|--------------------|
| 1 Red Onion                   | ½ Large watermelon |
| 2 tbsp Red Wine Vinegar       | 1 Cucumber         |
| ½ tbsp Honey                  | ½ Bunch Fresh Mint |
| 3 tbsp Extra Virgin Olive Oil | 200g Feta          |

## METHOD

Thinly slice the onion and add to a mixing bowl with the vinegar, and leave for 10 minutes

Mix in the honey and olive oil

Peel the watermelon and cut into approx. 2 - 3 cm (1 inch) size pieces, removing any pips, and cut the cucumber into slices

Add the watermelon and sliced cucumber into the bowl with the dressing and stir gently

Roughly chop the mint leaves and stir through the salad

Place into a serving dish and crumble over the feta

Mix everything together and serve immediately adding sea salt and freshly ground black pepper to taste

# Nutrition & Hydration Menu Inspiration



## FOODS THAT ARE HIGH IN FLUID

Soup  
Tomatoes  
Strawberries  
Ice lollies  
Pineapple  
Raspberries  
Extra milk on your cereal

Cucumber  
Jelly  
Watercress  
Apples  
Celery  
Lettuce  
Star Fruit

Watermelon  
Peaches  
Grapefruit  
Creamy sauces  
Custard  
Cantaloupe Melon

## NUTRIENT-DENSE FOODS

Whilst fruits, vegetables, whole grains, lean proteins, nuts & seeds, beans & legumes, and heart-healthy fats should all be included in a healthy diet.

Here are some examples of particularly Nutrient-dense foods...

**Recipe: Butternut Squash  
& Broccoli Farfalle Pasta**



### BROCCOLI

Good source of calcium, fiber, iron, potassium, vitamin C, and vitamin K

### SALMON

High in omega-3 fatty acids



**Recipe: Salmon Broth  
With Cream**



**Recipe: Squash & Mushroom  
Wellingtons with Kale Pesto**



### KALE

Rich in vitamins, minerals, fiber & antioxidants



**Recipe: Leek &  
Potato Soup**



### POTATOES

Good source of potassium, magnesium, iron, copper, & manganese





# Nutrition & Hydration Wordsearch

Find the 6 hidden words.  
Words can be found across and down.

P	S	W	L	O	M	L
O	R	A	N	G	E	S
G	I	T	J	U	L	O
R	S	E	E	R	O	U
E	B	R	M	L	N	P
J	U	I	C	E	D	A
C	E	L	E	R	Y	B



CELERY

ORANGES

WATER

JUICE

SOUP

MELON





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# Nutrition & Hydration Wordsearch

Can you find these high in fluid foods hidden in the puzzle?  
Words can be found across, down and diagonally.

W	C	F	D	Y	C	A	P	V	R	D	T
A	X	U	P	Y	L	E	T	T	U	C	E
T	Q	I	C	A	O	O	L	S	D	R	N
E	O	Z	L	U	T	G	C	E	L	I	O
R	K	Y	T	G	M	A	H	T	R	C	L
C	Y	S	O	M	T	B	H	U	I	Y	E
R	T	O	M	A	T	O	E	S	R	O	M
E	L	U	U	O	A	N	D	R	R	T	R
S	R	P	E	A	C	H	E	S	J	E	E
S	T	R	H	U	G	C	B	T	R	I	T
M	N	I	C	E	L	O	L	L	Y	E	A
A	P	P	L	E	S	E	T	X	F	P	W

APPLES

CELERY

PEACHES

WATERCRESS

LETTUCE

CUCUMBER

TOMATOES

WATERMELON

ICE LOLLY

SOUP

YOGHURT

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ICE LOLLY

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YOGHURT



# Nutrition & Hydration

## What is it?

Below are six images, with the theme of Nutrition & Hydration, that have been zoomed in.  
Can you work out what is in each picture?

**A**  
\_\_\_\_\_**B**  
\_\_\_\_\_**C**  
\_\_\_\_\_**D**  
\_\_\_\_\_**E**  
\_\_\_\_\_**F**  
\_\_\_\_\_

# Nutrition & Hydration

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Below are six images, with the theme of Nutrition & Hydration, that have been zoomed in.  
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**A**

Ice Lollies



**B**

Cucumber



**C**

Water



**D**

Orange Juice



**E**

Blueberries



**F**

Cup of Tea



# Nutrition & Hydration Guessing Game!

### What you'll need...

Small drinking glasses

Different flavours of cordial and/or juice

Pens and paper to note down answers

### How to play...

Divide your residents into groups of two or more.

Set an agreed amount of time e.g. 5 mins and ask them to work out, by drinking them, what flavour cordial/juice is in each glass.

Most correct answers wins!

### Change it up!

Want to make it more challenging?

Why not find some unusual flavours of cordial e.g. blueberry & blackberry or use covered cups instead of glasses so the colour of the liquid can't be a clue!

Want to make easier?

Write out all the answers and ask residents to match the flavour to the glass



# REMINISCENCE & CONVERSATION

Nutrition & Hydration

**What was your favourite drink as a child?**

**What was your favourite drink now?**

**Did you know...**

Ribena's blackcurrant syrup was created in 1938 by Dr Vernon Charley, a leading scientist at the University of Bristol. He distributed free Ribena to children and expectant mothers during WW2 as he noticed blackcurrants contained vitamin C and, at that time, other fruits with vitamin C were scarce.

**Do you like drinking cordial/squash? If so what is your favourite flavour?**

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**What kinds of food do you enjoy eating?**

**What do you like eating for breakfast / lunch / dinner?**

**Did you know...**

Invented by Bennison Osborne, Weetabix was first produced in the UK in 1932, and is the British version of the original Australian breakfast cereal.

**Do you have a favourite food?**

**What were your favourite foods as a child?**

**Do you like trying new foods?**

**Do you like cooking?**

**Do you like eating vegetables?**



“Working with Savona is seamless; they are very people focused, forward thinking and innovative. Nothing is too much trouble.”

Kevin Osborne, Brendon Care

## HOW CAN WE HELP?



Outstanding  
Service



Online  
Ordering



Live Order  
Tracking



5000  
Products



Menu Plans &  
Product Data



Product  
Training



Added Value  
Support



Expert  
Advice